

Better Balance in Six Exercises

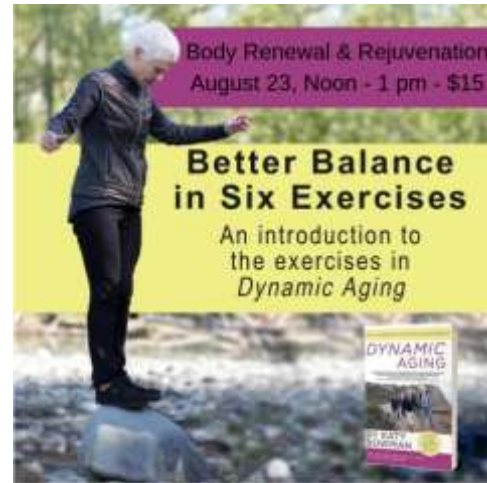
DATE: Friday, August 23, 2019

TIME: Noon – 1 pm

WHERE: Body Renewal & Rejuvenation
2130 Five Mile Line Road
Penfield, NY 14526

COST: \$15

TO REGISTER: Call/Text (585) 315-1726
or
Email info@BodyRenewal-NY.com



This one-hour class will lead you through six exercises which are some of the foundational ones found in the book ***Dynamic Aging***. This class is designed for those 50-80+ and who have been cleared for exercise. You will receive a handout with all of the moves in class and also have an opportunity to purchase the book. The exercises consist of mostly postural adjustments and stretches, all of which can be scaled to your particular strength and mobility. The cost of this class is only \$15!

If you are cleared for exercise and want to regain your balance, please join me on Friday, August 23 at Noon!

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