



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BALANCE CLASS

This class is perfect for older adults and other with balance limitations that are looking to improve their static and dynamic balance, plus strengthen musculature associated with fall reduction.

June 25 – July 18

Mondays & Wednesdays

12:45–1:45pm with Stu

FREE for YMCA Members

Contact Tara for more information, 360-354-5000.