

# **Balance and Flexibility**

Balance training combined with flexibility exercises to Realign Your Body for better movement patterns. This class will use **balance tools like the half roller, stability balls and more!**

Our balance is similar to a muscle and needs to be trained like so. This class will **help prevent falls and keep you Flexible and Youthful.**

*All levels are encouraged to attend.*

**Thursdays at 10 am**

DesertView Sports Complex Mariposa Room

*Instructor -Mary Stolze*