

**SGT CLASS**



# **BALANCE & FALL PREVENTION**



**TUESDAY +  
THURSDAY  
AT 10:30AM  
IN MARIPOSA  
WITH MICHELE**

This class will help reduce the risk of falls by improving strength, balance, coordination, and flexibility. If you avoid exercise due to fear of falling, it will make falling more likely. Take steps to reduce your chance of falling! Physical activity can go a long way toward fall prevention.

## **\$10 EACH CLASS**

*Participants must reserve their spot online. All participants must have member charges active on their account for payment. No shows will be charged for holding a spot. The class will be held to a strict 3 person minimum.*