



CARDIO DRUMMING



**WEDNESDAY
AT 9:15AM
IN MARIPOSA
WITH TARA**

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.

\$8 EACH CLASS

Pay by Member Charge or Unlimited Monthly Fitness Class Pass

(SGT classes, clinics & DV cycling classes excluded, passes are non-transferable and guests not included).