

WEDNESDAYS

11:00 AM

CONTACT MIKE TO
RESERVE YOUR
SPOT

\$75 PER
6 WEEK SESSION

BALANCE, CORE & MORE

Group Fitness Class

⊕ Core Stability ⊕ Balance ⊕ Flexibility

*A 60-MINUTE, MODERATE-INTENSITY CLASS,
MODIFIED TO SUIT ALL FITNESS LEVELS!*



Strengthen your core and improve balance through functional movements. Let's use exercise to increase your confidence with mobility, combat postural instability, and improve movement patterns associated with Parkinson's Disease.

