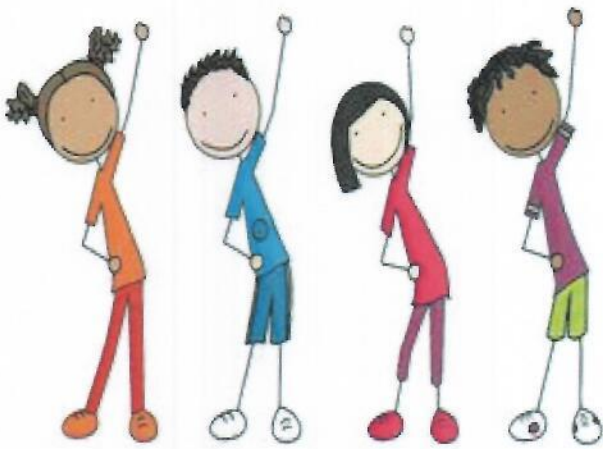


# BALANCE AND STRENGTHENING WITH LYNN

**MONDAYS @ 10:30 AM – 11:30 AM**



**Class begins  
on Monday  
April 4, 2022**

This weekly balance and strengthening class provides a **fun workout**. It is specifically designed to gently target the entire body. Proper strength and conditioning allows us to **strengthen supporting muscles, even out muscle imbalances, increase mobility, correct posture, stabilize joints, and improve balance.**

**Come and join us.**

