

Improve Your Balance!

Good Balance Leads to Better Posture and Fewer Falls!



This class will help make you more careful, confident, and thus more capable when you walk.

Each session features supervised:

- 15 Minutes of Group Stretching
- 15 Minutes of a Cardio Workout
- 15 Minutes of Parallel Bar Exercises
- 10 Minutes of Balance & Conditioning Exercises
- 5 Minutes of One-on-One, Custom Balance Exercises

Reservations Required!

Classes held on Tuesdays 10-11am, Wednesdays 1-2pm or Thursdays 2-3pm

8 Weekly Sessions for Only \$50

Challenge
C E N T E R

For more detailed information on the client programs available
contact the Challenge Center by phone at (619) 667-8644

Challenge Center
5540 Lake Park Way
La Mesa, CA 91942 www.challengecenter.org