



THE BENEFITS OF BALANCE

Balance is in nearly every physical action we perform. Better balance helps prevent injuries and builds your core, which is key to staying strong and upright as we age. Agility and strength are also improved through balance exercises. Join one of Club Aurora's Certified Fitness Staff and Personal Trainer as she guides you through the benefits of balance.

Ages 18+ years.

CODE	13309
DATE	Thursday, March 28
LOCATION	AFLC Program Room B
TIME	10:00am to 11:00am
FEE	Members FREE Non-Members \$7.60 PP



For additional information, please call 905-726-4764