LIFE *is* ALL ABOUT BALANCE

CLASS DETAILS

Dates:	**Thursday 10:30 a.m. November 3, 10, 17 December 1, 8, 15**
Duration:	**45 minutes**
Level:	**All skill levels**
Benefits:	**Improve balance, strengthen ankle, knee and hip joints as well as reactionary skills**

HEALTHWAYS SilverSneakers® FITNESS

tay strong and balanced in our new SilverSneakers Stability class!

See back for details