

Y GROUP EXERCISE™



PROGRAM DESCRIPTION: All ages

Mobility, Strength & Balance is a special 4-week program created for members needing assistance with adaptive physical activities due to injury, arthritis, and joint replacement. This program consists of range-of motion, muscle-strengthening and balancing exercises. All exercises are designed to improve flexibility, enhance strength and balance as well as the release of tension.

DATES & TIME:

January 11 – February 3
Monday & Wednesday, 9:30-10:30am

FEES:

\$25 / Facility Member & \$50 / Program Member

*Pre- Registration is required.
A minimum of 8 members is required
to hold session.*



**Y BELONG.
BE STRONG.**



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