

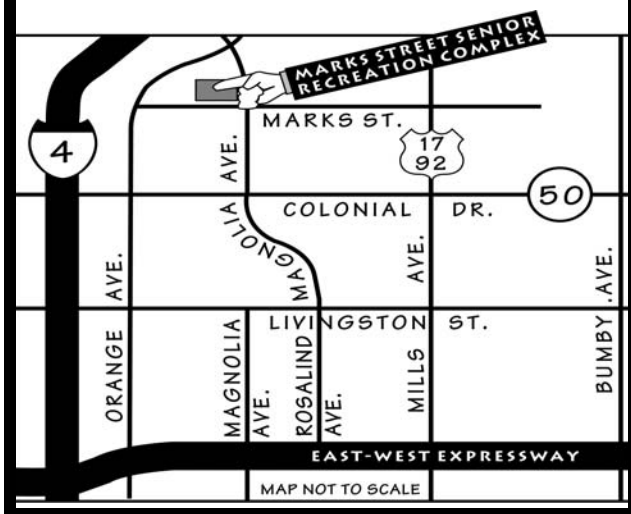
# BALANCE CLASS

Tuesdays and Thursdays  
10:30 a.m. to 11:00 a.m.

Maintaining a high level of balance and mobility is essential to healthy aging.

This class will help you gain a better understanding of your current balance ability and help you to improve your balance through specifically designed exercises.

Only available at:  
Marks Street Senior  
Recreation Complex  
99 E Marks Street  
Orlando, FL 32803



Please call 407-254-1066 for more info.