



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRENGTH, TONING AND BALANCE



Looking to get strong, but want a low-impact way to do it? This class blends barre, pilates, strength and balance into a fusion that will give you the workout you seek. Using a variety of apparatus such as stability balls, bosu, bands, light weights, gliders and more to pinpoint areas to challenge your body in ways you didn't think possible!

**Come join Nicole Gillen for  
Strength, Toning and Balance  
Tuesday evenings in February!**

**5:30pm-6:15pm  
in Studio B**

