



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**

