

Ready, Steady, Balance



Balance, endurance, and strength are vital for maintaining function so that we may continue to enjoy the activities that give our lives meaning and be safe doing so. Unfortunately, as we age, these abilities decline in function without direct intervention. Thankfully, by incorporating exercises into a routine that builds on these skills, we can maintain and improve them so that our quality of life does not need to be compromised.

Our balance and wellness class will progressively challenge participants in a safe and supportive environment, under the direct supervision and instruction of an exercise physiologist. All activities in the class can be modified to accommodate the capabilities of each member. Participants of the class can expect to do exercises that build lower body strength, increase endurance, and improve balance.

Tuesdays & Thursdays • 1 - 2 p.m.

Please call to reserve your spot as spaces are limited - 561-263-5775.

Cost: \$96 for 8 classes

Participants receive a balance class punch card.

Classes are ongoing, participants may purchase an unlimited number of punch cards.

 **JUPITER MEDICAL CENTER**

Cary Grossman Health & Wellness Center

1004 S. Old Dixie Hwy., Jupiter, FL 33458 | 561-263-5775 | jupitermed.com/rehab