

# Strength-CORE-Balance

Develop strong core muscles, restore balance and promote lean muscle building while minimizing injuries through a progressive instruction method. Cardiovascular work will be incorporated into warm-up exercises and strength training. All levels of fitness will benefit, with special attention paid to restoration of balance and strength endurance for seniors.

Instructor: Kerry Stallo

Classes held at Rosemeade Rec Center  
1330 E Rosemeade Pkwy

Ages 18+



130230-35	5/2-5/23	Monday	11 am—12 pm	\$28 resident/\$31 non-resident
130230-40	6/6-6/27	Monday	11 am—12 pm	\$28 resident/\$31 non-resident
130230-50	7/11-7/25	Monday	11 am—12 pm	\$21 resident/\$23 non-resident
130230-60	8/1-8/29	Monday	11 am—12 pm	\$35 resident/\$38.75 non-resident
130231-35	5/4-5/25	Wednesday	2 –3 pm	\$28 resident/\$31 non-resident
130231-40	6/1-6/29	Wednesday	2 - 3 pm	\$35 resident/\$38.75 non-resident
130231-50	7/6-7/27	Wednesday	2 –3 pm	\$28 resident/\$31 non-resident
130231-60	8/3-8/31	Wednesday	2 –3 pm	\$35 resident/\$38.75 non-resident
130232-35	5/6-5/27	Friday	11 am—12 pm	\$28 resident/\$31 non-resident
130232-40	6/3-6/24	Friday	11 am—12 pm	\$28 resident/\$31 non-resident
130232-50	7/1-7/29	Friday	11 am—12 pm	\$35 resident/\$38.75 non-resident
130232-60	8/5-8/26	Friday	11 am—12 pm	\$28 resident/\$31 non-resident