



BALANCE

thru

Strength & Flexibility

Program Description: Focused on *BALANCE*- this class helps build muscle strength through weight training and increases range of motion through a variety of stretch and yoga poses. Expect improvements in balance and bone density, while reducing your risk of sustaining injuries or falling. And with a team approach in mind, one of the eight classes will be spent with Eric Huner (CPT and Registered Dietitian) discussing and reinforcing the principles of nutrition and exercise science that complement the objectives of this class. So come join us to enhance your physical capacity for outdoor activities like gardening, walking, hiking, golfing, tennis, daily household tasks, and help to increase your overall quality of life!

Dates: **Winter Session 1:** Wednesdays, Dec. 14, 21, 28, Jan. 4, 11, 18, 25, Feb. 1,
Winter Session 2: Wednesdays, Feb. 8, 15, 22, March 1, 8, 15, 22, 29,
Spring Session: Wednesdays, April 5, 12, 19, 26, May 3, 10, 17, 24,

Time: 9:00 - 10:00 am

Location: Village Center

Instructor: Nanci Huner

Fee: \$110- Resident/\$120- Non Resident

Notes: Bring a yoga mat or towel, and a belt for stretching

Registration: PJ Rec Dept., 2nd Floor Village Center, 101-A East Broadway, 802-2160

Program: Balance, Strength & Flexibility

Please make checks to: Inc. Village of Port Jeff

Last Name: _____ First Name: _____

Address: _____

Contact Phone #: _____ Alt. Phone #: _____

Email: _____

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