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## **Building Balance, Thursdays**

Date and Time

Weekly on Sunday and Thursday at 10:30am for 12 times

Event Region

Peninsula

Event Type

Class

RSVP Info

757-875-7525

Event Cost

\$15.00

Event Description

Building Balance is a specialized group strength class for adults looking to increase their stability and decrease their risk of falling. The class aims to improve muscular stability and individual confidence through activities of daily living. Classes are on-going and held on Tuesdays and Thursdays from 10:30am until 11:30am. Pay as you go for \$15 per class or purchase a 10 class card. Call 757-875-7525 for more information or to register. Space is limited.