



# **STRENGTH & BALANCE CLASSES**



**Under the direction of Valerie Maugeri**

**DO YOU WANT TO IMPROVE** YOUR BALANCE & COORDINATION?

**DO YOU WANT TO INCREASE** YOUR STRENGTH, MOBILITY  
AND FLEXIBILITY ?

**DO YOU WANT TO IMPROVE** YOUR POSTURE AND STAMINA?

**JOIN US ON THURSDAY AFTERNOONS**

**SEPTEMBER 14TH - OCTOBER 26TH**

**1:30 PM - 2:30 PM**

**7 WEEKS - \$55**

**BANDS AND EXERCISE BALLS ARE PROVIDED**

Wear sneakers, comfortable clothing and bring a water bottle

**Wall Youth Center & Community Services**

1824 South M Street

Wall, NJ 07719

732-681-1375

**\*Wall Township Residents Only\***

Sign up on Community Pass

(Listed Under Wall Youth Center Activities 2023)

<https://register.communitypass.net/wall>

