



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

NOVEMBER 2ND - DECEMBER 21ST

1:30 PM - 2:30 PM

7 WEEKS - \$55

(NO CLASS ON NOVEMBER 23RD)

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>