



Our 8 Week Program of
CORE AND BALANCE CLASSES
starts October 9th. in Frederick

This is a beginner level class, ideal for participants 50 years and older. Our certified instructor will help strengthen your core and legs while incorporating activities to improve all systems of balance.

Participants should be able to:

walk with no device and get on and off the floor

And may have:

mild to moderate balance issues

a desire to prevent balance problems

*8 Week Program Price \$160 (\$20/class)
classes are 45 minutes long*

WEDNESDAYS at 1pm
at



CYCLEFIT

1341 Hughes Ford Road, #111
(by the Frederick Airport)

plenty of free parking and
easy access to building

Visit us at

www.agewellseniorfitness.com

and sign up to receive further information
and how to register

or call 717-321-4966

Spaces are limited so register soon!