Balance Training & Fall Prevention

Instructor: Lindsay Wheeler
Chiropractor & Certified Personal Trainer

Mondays 2 p.m. - 2:45 p.m.

Join a GREAT and fun exercise class designed to reduce the risk of falling by improving balance, building strength, increasing agility, and enhancing posture. Experience greater confidence and control. All levels welcome.

Class Fees: Resident $5.00 Non-Resident $6.00

10940 San Pablo Ave Phone: 510-559-7677
El Cerrito, CA 94530 Fax: 510-524-3965

Website: http://www.el-cerrito.org/recreation
Fee per Session: $5.00 EC Resident
$6.00 Non-Resident