



STRENGTH AND 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

MARCH 9TH - APRIL 27TH

1:30 PM - 2:30 PM

8 WEEKS - \$60

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>

