

Seniors Balance Class



Learn to be better balanced in your body, and more aware of your strengths and possibilities.

Learn techniques that improve:

- ◆ Balance & Flexibility
- ◆ Coordination & Strength
- ◆ Mobility
- ◆ Fall Prevention
- ◆ Overall Well-Being

The class combines content from:
Tai Chi, Qigong & Physical Therapy

WHEN: Fridays, 5:00 to 5:30

INSTRUCTOR: Mark Barber

(76 years old, 35 years of experience & Hip Replacement Recipient)

COST: (1) Class Weekly: \$60 monthly

Drop-In: \$20



PETALUMA ACADEMY OF MARTIAL ARTS

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