

# 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
- ◆ Circulation & Blood Flow
- ◆ Breath Control

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

Our attitude is one of the positive affirmations that focus on our healthy bodies getting stronger and more vital.

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WHEN: Fridays: 4:30 to 5:00

INSTRUCTOR: Mark Barber

(73 years old, 30+ years of experience & recently recovered from Hip Replacement surgery)

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

Drop-In \$20



PETALUMA ACADEMY OF MARTIAL ARTS

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