



STRONG + BALANCED

With Andi Daniels

This class is designed for anyone 50+ who would like to gain balance, flexibility, core and overall strength. You will devote much attention to balance, posture, and coordination exercises using balance cushions, therapy bands, light free weights, mini Pilates balls, and multi-movements.

This is a small group, semi-private fee based class (limit 6 per class)

\$199

8 Week Sessions

Friday's from 11:05 AM - 12:00 PM in Studio B

***Do not let current balance issues deter you from joining!
The Barre room (Studio B) has a bar to hold on to throughout class if needed.***



***Sign up with Andi:
adaniels@macathletics.com***