GROWING STRONGER is a strength and balance class that will help you regain muscle and keep it strong. Beginner classes combine seated and standing exercises. The Advanced level is mostly standing and movement oriented exercises. This program is ideal for those wishing to improve their strength and balance. Strong muscles, strong bones and better balance will make you more mobile and less likely to fall.

SPRING SESSION STARTING APRIL 2020

BEGINNER
1:00 PM - 2:00 PM
TUESDAYS
April 7 - June 16
$68.75 + GST

ADVANCED
2:00 PM - 3:00 PM
TUESDAYS
April 7 - June 16
$68.75 + GST*

ADVANCED
1:00 PM - 2:00 PM
THURSDAYS
April 9 - June 18
$68.75 + GST*

* SIGN UP FOR 2 CLASSES A WEEK FOR $115.50

REGISTER ONLINE AT WWW.DAKOTACC.COM