



# New! Fitness Class

## Body Balance



Cardiovascular efficiency, muscular strength, muscular endurance, flexibility and stretching are needed to maintain full function. This class will combine all of those fitness components providing overall fitness.

Location: Silliman Activity Center  
Betty Gentry Dance Studio  
Instructor: Luchie Grissom

<u>Age</u>	<u>Days</u>	<u>Date</u>	<u>Time</u>	<u>Fee R/NR</u>
adult	M/ W/F	9/6-10/13	8:00-8:45am	\$51/\$56



For more information, contact  
Kelly at 578-4845.