



Strength

&

Balance



Strength Class ~ Tuesdays, 5pm

@ Drops of Kindness

As we age it is more important than ever to build and maintain muscle mass. Join us as we combine cardio, weights and circuit training for a robust workout enhanced with music!

Balance Class ~ Thursdays, 5pm

@ Drops of Kindness

“Just Breathe”: that is the focus. A combination of Yoga, Pilates and Tai Chi makes for an invigorating, refreshing experience. Rid yourself of life's daily stresses and join us.

Try it out, first class is always free!

Questions? Call Kathleen (608) 586 4134