

# Strength – Core – Balance

Develop strong core muscles, restore balance and promote lean muscle building while minimizing injuries through a progressive instruction method. Cardiovascular work will be incorporated into warm-up exercises and strength training. All levels of fitness will benefit, with special attention paid to restoration of balance and strength endurance for seniors.

Instructor: Kerry Stallo

130230-00	RRC	18+	1/5-1/26	M	10:45-11:45a	4	\$28/\$30.75
130230-01	RRC	18+	1/7-1/28	W	2-3PM	4	\$21/\$23
130230-10	RRC	18+	2/2-2/23	M	10:45-11:45a	4	\$28/\$30.75
130230-11	RRC	18+	2/4-2/25	W	2-3PM	4	\$28/\$30.75
130230-20	RRC	18+	3/2-3/30	M	10:45-11:45a	5	\$35/\$38.50
130230-21	RRC	18+	3/4-3/25	W	2-3PM	4	\$21/\$23
130230-30	RRC	18+	4/6-4/27	M	10:45-11:45a	4	\$28/\$30.75
130230-31	RRC	18+	4/1-4/29	W	2-3PM	5	\$35/\$38.50

## Rosemeade Recreation Center

1330 E. Rosemeade Parkway, Carrollton

972.466.9800

Register in person or online at [www.cityofcarrollton.com/signupnow](http://www.cityofcarrollton.com/signupnow)