

**Functional Fitness Class – Town Hall lower-level or Zoom Wednesday @ 10am
\$60 for 6 classes**

The idea is that if you increase your functional fitness, you increase your ability to actually perform every day, practical actions or activities usually incorporating multi muscle groups at the same time. Strength training is a type of exercise that involves your own body weight and resistance training to build muscle, endurance and strength.

Balance & Mobility Class – Town Hall lower-level Wednesday at 11:15 \$5 per class

Discover how you can prevent falls by improving your balance and mobility with simple exercises to improve stability. You will get step-by-step instructions for easy, effective workouts that will improve posture, increase muscle strength and speed, sharpen reflexes, expand flexibility, and firm your core.

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