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## **Building Balance, Tuesdays**

Date and Time

Weekly on Tuesday at 10:30am for 15 times

Event URL

<https://www.riversideonline.com>

Event Region

Peninsula

Event Type

Class

RSVP Info

757-875-7525

Event Cost

\$15.00

Event Description

Building Balance is a specialized group strength class for adults looking to increase their stability and decrease their risk of falling. The class aims to improve muscular stability and individual confidence through activities of daily living. Classes are on-going and held on Tuesdays and Thursdays from 10:30am until 11:30am. Pay as you go at \$15 per class or purchase a 10 class punch card. Call for more information. 757-875-7525. Space is limited