



Dynamic Balance & Barre Class

Fridays 8:00-8:45am

No matter your age, physical condition, or exercise experience level, Dynamic Balance & Barre will improve your strength and coordination while increasing flexibility and reducing the chance of falls.

This class will be delivered via Zoom.

Location: via Zoom

Bookings required! <https://superageing.com.au/bookings/>

Contact: Sharon - Super Ageing 0438 890 089 for details or help connecting to Zoom

Cost: \$5 per session

Suitable
for all
levels!

Exercise in
the comfort
of your own
home!



SUPERAGEING
SHARON KELLY



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