



Balance & Barre Class

Fridays 8:00-8:45am

Balance & Barre Class is a fun weekly exercise class that is designed for people over 50. The class is designed to:

- Improve stability of the lower body with strength and agility exercises.
- Prevent falls by challenging your balance with fun and safe exercises that reduce the risk of lower extremity injuries, such as knee and ankle injuries.
- Improves proprioception (the ability to know where you are in space)

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
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