

★ ZOOM IN! ★

Balance—Core—Strength!

Thursday's - 10:00 a.m.

Join Nancy Beiger for this fun and varied workout that will focus on standing balance, strength exercises that will work your CORE, HIP and LEG muscles and upper body strength exercises using hand weights (or cans from your pantry). Bring water!!!



Zoom links, Meeting ID and Passwords are sent via BLAST message or email every week.

For more information about becoming a member at the Brunswick Center at Supply and joining our virtual programs, contact Jillian Hardin at (910) 754-7604 or email jhardin@bsrinc.org.



Brunswick Senior Resources, Inc.
Making a Difference