



360 Fitness (Beginner and Intermediate)

Each class uses a combination of exercises to improve posture, cognitive function, and balance while strengthening your bones. Beginner and Intermediate levels are available depending on your fitness level.

Class Focus

- ▶ Bone Health
- ▶ Posture
- ▶ Overall Strength
- ▶ Balance

*Class is modified for
Osteoporosis and Osteopenia*

Wellness 360 Webster

Cost: *\$18 per class

*can use W360 class pkg option

**An initial evaluation is required*



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www.wellness360fitness.com