



# STRENGTH & BALANCE

**INSTRUCTORS: ROBERTA (BOBBIE)  
O'NEILL & LRVNA STAFF**

The Meredith Parks and Recreation Department has collaborated with Lakes Region VNA to offer a Strength and Balance class for active adults. The class will meet for 8 consecutive weeks. This class will help participants to improve their strength, balance and flexibility at a moderate and comfortable pace!

**Maximum participants: 40 people per class.**

**Registration is required & space is limited!**

**LIFE IS LIKE RIDING A BICYCLE.  
TO KEEP YOUR BALANCE,  
YOU MUST KEEP MOVING.**

Days: Tuesday and Thursday

Time: 11:15am-12pm

## **2024 Winter:**

1/30/24 - 4/4/24

No class: 2/27/24, 2/29/24 &  
3/12/24

Make up if needed: 4/9/24 &  
4/11/24

## **2024 Spring:**

4/16/24 – 6/13/24

No class: 4/23/24 & 4/25/24

Make up if needed: 6/18/24  
& 6/20/24

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Full session fee:

\$80 Resident \$90 Non-  
resident

One day session fee:

\$40 Residents \$45 Non-  
residents

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**Meredith Parks and  
Recreation  
Department**

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