

# FUNCTIONAL STRENGTH & BALANCE

## for Women over 50

### a 4-week series with Amy Strom

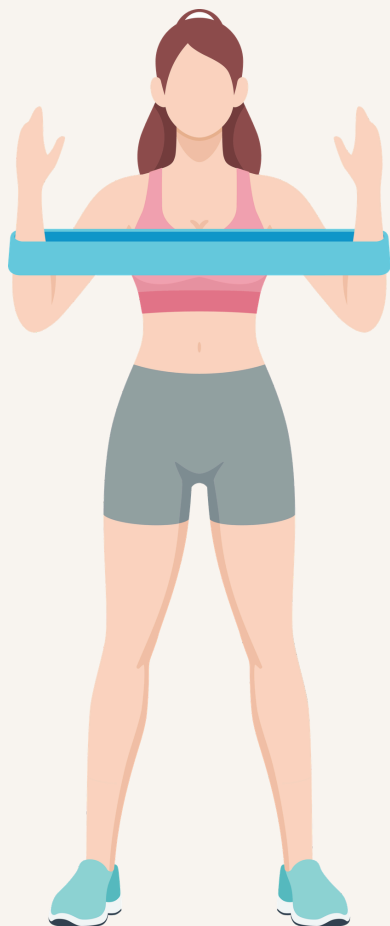
Certified Exercise Physiologist (ACSM ) and Certified Yoga Therapist (IAYT)

1-2 PM Sundays

March 8, 15, 22 and 29

at Strength & Grace

This four-week series is designed to help you build strength and balance into your everyday life. Each week we'll focus on key elements of healthy aging, including **posture, core stability, and balance training.**



You'll gain greater awareness of how daily habits support long-term wellness and leave with simple, practical strategies to enhance your current fitness routine—tailored specifically for women in this stage of life.

\$75

Limited to 8 participants

Email Amy to save you spot  
[astrom37@gmail.com](mailto:astrom37@gmail.com)

