



# **BASIC FITNESS WITH KATHY**



## **Sebastian Community Center**

**1805 N. Central Ave., Sebastian, FL, 32958**

**Thursdays**

**9:00am to 10:00am**

This chair-based fitness class will help improve your strength, flexibility and challenge your balance. The format of this fun class starts with a general warm-up, strength / balance / coordination training segment, and ends with gentle stretching for flexibility.

The fees for this class are \$5 per class, or \$24 for an eight-class punch card.

Please bring your own hand weights, towel and water.

*Kathy Falzone is an ACE Certified Group Fitness Instructor*

*Call her for more information at 772-589-1009*

*Or email her at [kfalzone@cityofsebastian.org](mailto:kfalzone@cityofsebastian.org)*