



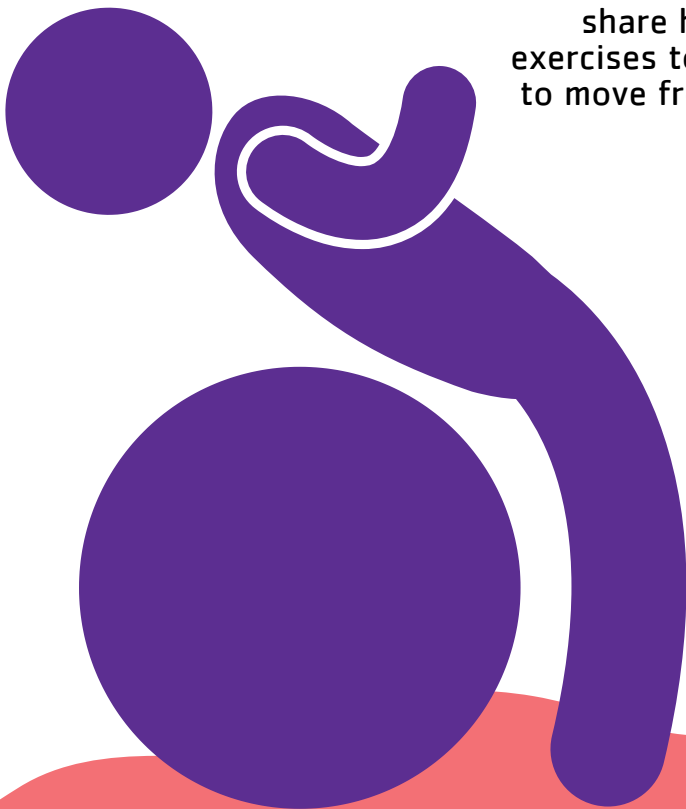
BALANCE STRENGTH STABILITY

**CORE & BALANCE
WITH CERTIFIED PERSONAL TRAINER TRACEY QUAST
CHIPPEWA FALLS YMCA**



Worried your balance is a little off?

Core strength deficiencies could be to blame! Tracey will share helpful tips and walk you through a variety of exercises to train at home. Come dressed to exercise! Ability to move from standing position to the floor for mat work is helpful. All ages and abilities welcome!



Tuesday, January 24 from 1-2 PM
Chippewa Falls YMCA - Group Exercise Studio
Cost: Members: Free | Non-Members: \$5
Registration required - Min. 4 | Max. 8
With Certified Personal Trainer Tracey Quast

www.ymca-cv.org/specialtyfitness

