

# SILVERSNEAKERS STABILITY



Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. This class is designed specifically for fall prevention.

**SilverSneakers Stability** is a drills and skills class designed to improve

- Balance
- Agility
- Mobility
- Power

This class will aim to improve one's confidence and independence. Life happens at various speeds, so finding a movement, holding a movement and progressing through a movement is key to improving our functional strength.



## YMCA COMMUNITY HUB

805 W. FRANKLIN ST. BOISE,  
IDAHO 83702

Tuesday and Thursdays  
11:30–12:15 p.m.

Register on the YMCA Mobile App

Contact:

Kyle Weathermon at 208-344-5502 ext.303