

# Strong & Steady



“Strong & Steady” is a **fun, supportive, & inclusive movement class**, designed to improve your balance, strength, & coordination. It is for **all ages & fitness levels**. Whether you're beginning your fitness journey or wanting to remain active & injury-free, this class helps build a solid foundation for confident, everyday movement. Through low-impact exercises, participants will **improve core stability, joint mobility, & muscular endurance**, while enhancing fall prevention skills. Modifications are offered to meet each participant's comfort & ability.

Come as you are. Move at your pace. Leave feeling stronger & steadier.



**LAPWAI**

**5:00PM-5:45PM | FITNESS CENTER**

**EVERY TUES & THURS!**

In the NMPH Lobby-meet in the fitness center first

For more info- Lapwai: 208.843.2271 ext.2847 Kamiah: 208.935.0733