

Band, Strength & Stability



“Band, Strength, & Stability” is a **welcoming, full-body workout** designed for participants of **all ages and fitness levels**. This class uses resistance bands to **build muscular strength, improve core stability, and enhance overall endurance**, all while promoting controlled, mindful movement.



Lapwai
Every Tue. & Thur.
12pm-Fitness Center

Kamiah
Feb. 20 & 27
12pm-Wa-A'Yas

- Everyone is Welcome! -

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