

# 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**  
**Apr. 3 & 17**  
**12pm – Wa-A'Yas**

**- Everyone is Welcome! -**

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