

# Band, Strength & Stability



**A welcoming, full-body workout for all ages & fitness levels. Use resistance bands to build muscular strength, improve core stability, & enhance overall endurance, while promoting controlled, mindful movement.**



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

*No Lapwai class August 4 & 6*

**Kamiah  
August 14 & 28  
12pm-Wa-A'Yas**

**- Everyone is Welcome! -**

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