



Balance and Mobility

WINTER 2025 – Balance and Mobility:

Gentle, traditional yoga movements are performed with the goal of strengthening and toning the entire body. The class focuses on increasing flexibility, stability and balance and participants will have the option of performing these poses seated. Breathing meditations will also be incorporated. (Chairs, if preferred, are provided.)

Tuesdays Course # 17399

January 7 – March 26. 12 classes

Casey Community Center
810 S. Frederick Ave., Gaithersburg

10:30 – 11:30am

12 classes for \$120.00(R), \$132.00 (N), \$78.00 *(SR)

For information email Nancy at Info@wetyetwaterfitness.com.

R= Residents of the City of Gaithersburg. N = non-City of Gaith residents.

(S) = Residents over 55 years.

Sponsored by the City of Gaithersburg Department of Parks, Recreation and Culture.

To register please click on link below:

https://apm.activecommunities.com/gaithersburgmd/Activity_Search?txtActivitySearch=core&applyFiltersDefaultValue=true&cat=Activities



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