



# Fitness Fridays

## BALANCE & MOBILITY



**Fridays @ 1:30 p.m.**

**March 14-March 28**

**Adults, 50+**

BAM incorporates strength, balance and mobility exercises that prepare your body for everyday activities and reduce the risk for falls. This class includes multiple muscle and joint movements that will help you do real-life, everyday things like lift, bend, twist, squat and haul.

All fitness levels welcome!

**Registration is Required**

*Sponsored by Alice Askew*

Individuals in need of an accommodation may contact the ADA Coordinator at [access@buffalolib.org](mailto:access@buffalolib.org) within 7 days of the program.



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