



Balance & Agility

at Any Age

New Weekly Virtual Exercise Class

Thursday's @ 9:30am

Beginning January 12, 2023



Improve Activities of
Daily Living



Improve
Reaction Time



Improve Sports
Performance

Thursday's 9:30-10:00am

First Class January 12, 2023

- 20-minute exercise session followed by Q&A
- Exercises are modified to meet all fitness levels
- Join when you can
- Sessions will be recorded for on-demand viewing

Click [HERE](#) to
Register!

or

Scan Code Below



Join Kathryn Hull, Certified Personal Trainer-NSCA

Wellness Coordinator Blue Cross and Blue Shield of New Mexico

- Register for as many as you like
- Registration available through March 2023
- Add to your digital calendar