

# MOBILITY, STABILITY, BALANCE AND GROUNDING

**Thursdays at 10:30 am**

This class can be taken by anyone and focuses on posture, range of motion, ease of movement, and core strength.

Class time includes movement sitting in a chair, standing with or without assistance and transitions to movements on the ground.

Taught by Lori Bennison, BS  
Exercise Physiology, Corrective  
Exercise Specialist



**JOIN US!**

**Taylor Ranch Community Center  
4900 Kachina St NW 87120  
505.768.6006**

**Classes are free to Community Center Members  
Visit [PLAY.CABQ.GOV](http://PLAY.CABQ.GOV) for more information**