

# Sexton Hall Fitness Classes



## SENIOR TONE & BALANCE



- This is a hybrid program (offered in-center and online).

**Thursdays, 9:30 - 10:15 a.m.**  
**\$25 members/\$35 non-members for**  
**5-week session**

This class uses a mix of over 75 exercises designed for older adults with osteoarthritis and for others who would benefit from improvement in muscle tone and balance. Use small hand weights and resistance bands to maintain muscle vigor while doing standing and seated exercises.

Instructor: Bruce Watson

Register online at [www.forsythco.com/seniors](http://www.forsythco.com/seniors)  
or call (770) 781-2178.



Sexton Hall | 2115 Chloe Road | Cumming, Georgia 30041  
Forsyth County Senior Services | (770) 781-2178 | [www.forsythco.com/seniors](http://www.forsythco.com/seniors)