



# Intermediate Balance Class

**This 4-week class combines the benefits of barefoot, balance, and bodyweight training.** Learn to connect the dots of the powerful interconnection between the brain, breath, foot to core sequencing, eye movement and body awareness.

Give yourself the gift of balance training that improves performance, and prevents falls and injuries.

**About the instructor:** Carol Stephens is a Certified Personal Trainer, a Neurosensory Specialist, a Certified Balance Specialist, and a BARE<sup>®</sup> Workout Instructor. She has extensive evidence-based training and over 15 years of experience in the health and wellness field.

**For more information or to register,** please visit the Member Services desk or call 515-226-9622.

**Day:** Wednesdays

**Dates:** 10/23-11/13

**Time:** 10:00 – 10:50 a.m.

**Cost:** Members \$69  
Non-members \$89

**Location:** Mind & Body Studio

**Instructor:** Carol Stephens