



# Fitness Fridays

## BALANCE & MOBILITY



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

**July 11, 18, 25 & August 1**

**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 The Friends of the Aurora Town Public Library***

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.



**(716) 652-4440**  
[www.BuffaloLib.org](http://www.BuffaloLib.org)



Aurora Town Public Library, 550 Main Street, East Aurora, NY 14052