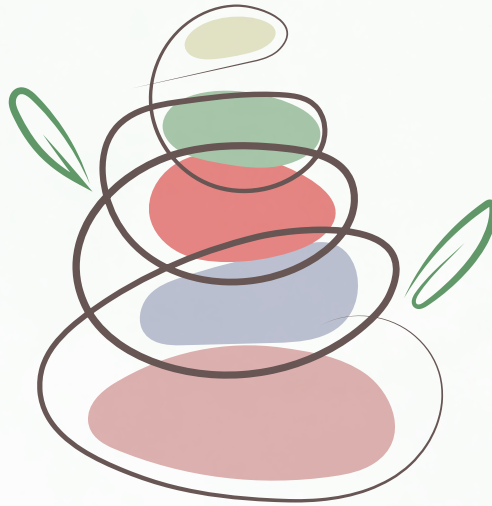
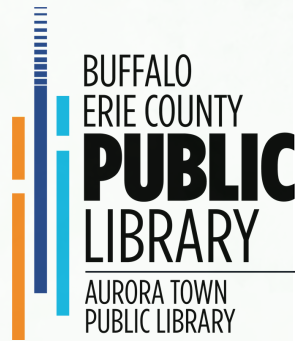




Workout Wednesdays

BALANCE & MOBILITY



Wednesdays @ 1:00 p.m.

March 4, 11, 18, & 25

Adults, 50+

BAM incorporates strength, balance and mobility exercises that prepare your body for everyday activities and reduce the risk of 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*

Sign Up Now

Scan the QR
Code
or Call

(716) 652-4440



Individuals in need of an accommodation may contact the ADA Coordinator at access@buffalolib.org within 7 days of the program.

Profoundly **PUBLIC.**

Aurora Town Public Library ● 550 Main Street ● East Aurora, NY 14052 ● (716) 652-4440