

JF's All About Movement



Balance Class

Wednesdays
2 pm - 3 pm

September
9, 16, 23, 30
4 weeks:

\$32 Snr Ctr members,
\$40 non-members

Feldenkrais Floor Lessons

Wednesdays
3 pm - 4 pm

New and continuing
students, mats provided
Ongoing:

\$8 Snr Ctr members,
\$10 non-members

Pelvic Floor Strengthening

Wednesdays
4 pm - 5 pm

October
14, 21, 28
3 weeks:

\$24 Snr Ctr members,
\$30 non-members

Contact Julie Smith, PT (707) 829-1250
www.everybodymoves.net julie@everybodymoves.net

All Classes at the Sebastopol Senior Center, 167 North High St., Sebastopol