



Body in Balance

A program for core strength, posture and balance



LiveWell

FITNESS CENTER

**Do you want to look and feel better,
improve your posture and be stronger?**

PROGRAM INCLUDES:

- **Initial session (90 minutes)**
 - Core, flexibility, and posture screening.
 - Customized exercises program designed to address muscle and postural imbalances.
 - Personalized Wii™ Fit program.
- **Individualized sessions with LiveWell Exercise Specialist (3 - 30 minute)**
- **Independent Wii™ FIT sessions (3 - 20 minute)**

Program Price: \$159

**For appointments or more information contact the
LiveWell Fitness Center at 612 -863-5178.**



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