



Each class uses a combination of exercises to improve posture, cognitive function, and balance while strengthening your bones.

360 Fitness Classes

**Class held at Wellness 360 location
191 W Main St, Webster**

▶ **Intermediate Level**

Tuesday - 1:00 PM

Thursday - 10:00 AM

▶ In-Person and Zoom
Classes Available

▶ **Beginners Level**

Tuesday & Thursday - 11:45 am

An initial evaluation is required for both levels of class & our Zoom option

Pricing:

Individual: \$18 per Class

10 pk package: \$155

Monthly Unlimited: \$139



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1328 University Ave, Rochester

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www.wellness360fitness.com