Improve Your Balance

Join us for a fun, lively, and valuable series of exercise classes!

This series of classes will incorporate a variety of exercises including balance, coordination, bodyweight, strength, mobility, and flexibility. They are designed to help prevent falls, improve balance, and increase the ability to navigate surroundings. You can attend classes individually or the entire series, as well as practicing them at home to continue to improve your balance every day.



Instructor

Karen Brownlee, Personal Trainer and Adult Program Coordinator
North Suburban YMCA

Mondays, now through December 14, 2026 • 1:30–2:30 pm

No class October 5

Weinberg Community for Senior Living
1551 Lake Cook Road, Deerfield IL • 847.374.0500

CLICK OR SCAN HERE TO REGISTER

Free and open to all. Registration is required and space is limited.

Weinberg Community for Senior Living

CJE SeniorLife

the YMCA

Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

1551 Lake Cook Road | Deerfield IL | WeinbergCommunity.net | 847.374.0500

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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