

**PALMYRA COMMUNITY CENTER'S  
2018 - 2019  
STABILITY BALL CLASSES**



**AT THE PALMYRA COMMUNITY CENTER  
INSTRUCTOR: ALICE DASKIEWICH**

**THURSDAY MORNINGS  
10:00 AM - 11:00 AM  
STARTING THURSDAY OCTOBER 4TH**

**FREE FOR SILVER SNEAKERS &  
SILVER-N-FIT MEMBERS  
\$5.00 PER CLASS FOR NON-MEMBERS**



**Palmyra Community Center  
424 Stafford Street Palmyra, NY 14522  
(315) 597-5501  
[www.palmyracommunitycenter.org](http://www.palmyracommunitycenter.org)**