

Balance Challenge Class

The Culver City Senior Citizens Center offers a class called the Balance Challenge, a class just for seniors that focuses on an interesting body part -- the ear.

Balance Challenge is medically designed by physical therapists to improve, strength, flexibility, posture, walking skills and vestibular function.

Classes are fun and timed to great music that encourages agility and participation for all skill levels.

Classes are held:

- Mondays from 11:00 a.m.-12:00 p.m.
- Thursdays from 9:30-10:30 a.m.
- Fridays from 10:00-11:00 a.m.
- Fridays from 11:00 a.m.-12:00 p.m.



Participants report that balance isn't the only benefit. Click here to watch a report from ABC News on this exciting class.

<http://abclocal.go.com/kabc/video?id=6454085>

