

## Online and In-Person



## Fitness Classes

## University of Idaho Extension



### **ONLINE Fitness Made Simple!**

**Thursdays, 10:00 – 11:00AM MST**

**Chair-based seated and standing toning/strengthening exercises.  
Use of hand weights, resistance bands, and/or exercise balls optional. Modifiable for a variety of fitness abilities.**

<https://uidaho.zoom.us/j/83052870632>

Meeting ID: 830 5287 0632

**Passcode: 659851**



### **IN PERSON Stretching for Strength and Balance**

**Thursdays, 4-5PM MST**

**Seated and standing poses appropriate for all flexibility levels.  
Emphasis on flexibility while improving strength and balance.**

**Location: 1542 East 73<sup>rd</sup> South, Idaho Falls (South of Sandy Downs)**

**Cost: \$10/2 months First class is FREE!**

**Instructor: Leslee Blanch, Certified Group Fitness Instructor  
Family Consumer Science Associate Extension Educator  
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