



# Active Advantage Exercise Class

This is a 45 minute land-based group class for adults that will focus on strength, flexibility, and balance. This class is designed to develop, challenge, refresh, and progress traditional exercise routines that you can also do at home. The intensity of the class will be moderate strengthening with standing exercises using light weights and bands. An exercise specialist will lead the class to help ensure your safety and modify exercises to meet your needs. As you participate in the Active Advantage Class, you will discover the many advantages of being and staying active.

**Cost: \$5 per session** (Payment will be due upon arrival. Insurance will not be billed.)

**When:** Mondays and Thursdays, from 2 pm - 2:45 pm

**Where:** IU Health Ball Memorial Hospital  
Rehabilitation Center Gym,  
3300 W. Community Dr.,  
Muncie, IN 47304, 765.751.2555

\*All participants will need to complete information and consent forms (located at the front desk) prior to their first class.



Ball Memorial Hospital

Discover the strength at [iuhealth.org/ball-memorial](http://iuhealth.org/ball-memorial)

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