



GOLDEN GAMES WITH DAVID CURTIS

FREE TRIAL
Tuesday, May 5
12:30 - 1:15 p.m.

At the Myerberg Center
3101 Fallstaff Road
Baltimore, MD 21209

Summer
Session
6/2 - 8/18,
no class
6/23 & 7/7

Golden Games is a fun and interactive program that improves balance, strength, coordination, reaction time and mental sharpness. Instead of traditional workouts, participants play engaging movement games such as balloon badminton, dice challenges, target toss, and memory-based activities that stimulate both the body and mind. This class provides a safe, social, and enjoyable way to stay active while supporting mobility and independence.

This class is designed for individuals with a moderate level of fitness and mobility who can safely participate in light standing movement. Those who are at high risk for falls may be better suited for balance or chair-based programs.

Members \$75
Guests \$90

REGISTER Call 410-358-6856
Email info@myerberg.org