



158 Brickyard Road, Suite 400
Mars, PA 16046

Ph: (724) 687-0731 Fx: (724) 687-0732
www.balanceforwellness.com

Group Class Offerings

Self Defense Class

Instructor: Ron Salkeld

4 sessions (1 Hour each)

Wednesday	Feb 15	6:15 pm
Wednesday	Feb 22	6:15pm
Saturday	March 3	9:00 am
Wednesday	March 7	6:15 pm

\$72.00/member

\$80/non-member

Tai Chi Classes

Instructor: Deb Bauman

8 sessions (1 Hour each)

Tuesdays	Beginning Feb 21 st	6pm
Saturdays	Beginning Feb 25 th	10am

\$108.00/member

\$120/non-member

