



AGELESS GRACE

For Brain, Body and Balance

JOIN OUR AGELESS GRACE CLASS! 🧠 ✨

Ageless Grace is a group exercise class based on everyday movements that focus on healthy longevity of the body and mind.

**Starts
Nov 15**

\$ COST: Free for Members

🏢 WHERE: Idaho Falls Family YMCA

📅 WHEN: Every Fridays

🕒 TIME: 10:30 AM – 11:30 AM

