

# BALANCE & STABILITY CLASS

## About the Class

Our Balance & Stability Class is the most comprehensive program available for adults who want to improve balance, reduce fall risk, and move with greater confidence in daily life. This evidence-informed program is designed for individuals of varying abilities, including those seeking proactive fall prevention, managing joint or neurological conditions, or transitioning from physical therapy into ongoing fitness.

Each class incorporates progressive balance training, strength development, mobility, posture, gait mechanics, coordination, and reaction time. Sessions also integrate mindfulness-based movement and body awareness to improve focus, stability, and confidence. Balance assessments are used to guide safe, functional, and personalized progression in a supportive and professionally supervised environment.

Participants can expect improved stability, enhanced confidence with movement, and greater independence in everyday activities.

## Lead Instructor

**Deeann Kelly, BS, CPT** – Deeann Kelly brings a unique blend of clinical knowledge, therapeutic movement training, and real-world experience to her instruction. She holds a Bachelor of Science in Health Education with a certificate in Family Health and is a NASM Certified Personal Trainer. Deeann is an Army Veteran and former Medical Specialist, providing her with a strong foundation in health, rehabilitation, and patient-centered care.

Her extensive certifications include Yoga Teacher and Level 1 Yoga Therapist through the Stress Management Center of Marin, Trauma-Conscious Yoga Teaching, Parkinson Wellness Recovery (PWR!) Moves, Rock Steady Boxing, Parkinson Wise, Fall Prevention, Exercise for Seniors, and specialized exercise training for hip limitations. She is also trained in balance assessments, mindfulness, and meditation.

Deeann has instructed across a wide range of settings, including the San Francisco VA, fitness studios, gyms, in-home programs, nursing homes, and virtual platforms. Her approach is inclusive, adaptive, and grounded in evidence-based practices that support safe movement, resilience, and long-term quality of life.



**Call today to begin your Balance & Stability Class!**