**Semi Private Series with Alison Continue in December!**

**Whether it is balance or mobility you would like to improve.... Alison and her semi private series are here to help.**

**Balance by Alison**

December 4th, 11th, and 18th  
Tuesdays at 11:30 am

Do you have a fear of falling? Need to improve your balance?

If you answered yes to the above questions, it’s time to join Alison Standard for Balance by Alison, an amazing semi-private series geared to improve your balance, strength, and posture!

Balance is an essential component in the quest to age powerfully, confidently and be fit. The fact is that all functional movements require a working balance system. Activities as basic as getting up out of a chair, walking, and climbing stairs require balance. Good balance prevents injury, improves athletic performance, provides confidence and assists in performing the activities of daily life.

All skill levels are welcome and will benefit from the limited class size and the individual instruction and attention they receive.

**Mobility and Movement Chair Fitness by Alison**

December 6th, 13th, and 20th  
Thursdays at 1:30 pm

In Mobility and Movement, participants will work on improving mobility, stability, and overall strength utilizing a chair for added comfort and posture support. The effective, gentle pace is easy to follow with the focuses on joint mobility, toning, stabilization, muscular stretching and endurance, and strength and flexibility, all of which aid in movement efficiency and improved functionality during activities of daily living.

Please note, space in both these semi-private series is limited and preregistration is required. There is a minimum of 6 and a maximum of 10 participants. The cost for each of these semi-private workout series is $30 per participant. Registration for a series includes the three classes listed. These workshops are not included in the monthly class pass and there are no refunds. The fee will be charged to your Property Owner/ Club account and the classes are available to Seabrook Island Property Owners, Seabrook Island Club members, and guests staying on Seabrook Island.

For more information or to register, please email Alison Standard at [alsfitnessinc@gmail.com](mailto:alsfitnessinc@gmail.com).