

STRONG & STABLE CLASSES

Circle the correct answer then place your completed quiz in the Suggestion Box by **25 August 2016** to be in the draw to win **a 30 Minute Massage at 360 Physio, worth \$43***

Strong & Stable classes are not FREE for Health Mates members

TRUE / FALSE

Strong & Stable focuses on specific skills, not choreography

TRUE / FALSE

Balance cannot be practiced or taught during a Strong & Stable class

TRUE / FALSE

Everyone in the class will be catered for

TRUE / FALSE

Participants are welcome to use their walking aids during Strong & Stable

TRUE / FALSE

FULL NAME: _____

TELEPHONE _____