

Free introductory 45-min class offered @
American Homes Park, 9779 Liberty Road,
Boca Raton, FL 33434

Offered by:

**Randy Eady, United Skate Schools
Group Certified Instructor**

*Specializing in Balance
Techniques that help the "young
@ heart" transition*

*to lower impact, dynamic
movement and fitness activities.*

Why wait?

Achieve performance gains that also
improve your golf and tennis game
and complement rehabilitation,
physical therapy and injury
prevention regimens.

Date:

Time:

The Instructor:

Randy Eady, M.Ed, a former professor and counselor in Behavioral Sciences and Leadership at the USAF Academy, CO is a big proponent of the wellness benefits of leisure recreation and integrative exercise. He's an intergenerational balance and coordination specialist who conducts Balance Bookends™ Movement classes for the young (between the age of 4-9) and those "young at heart" (hovering around 60). He is also the educational designer of a curriculum pack (The Mature Adventurer) developed to supplement his Glider Rider Series of

Balance/
Coordination
Refinement
programs. He is
certified and
insured by the
United Skate
Schools Group and
the US Golf
Teachers
Federation.



Dotty,
graduated
student



Knees Ache? Take a Whirl on In-Line Skates!

Learn how :

- ◆ To integrate the body's three balance centers to achieve **Optimum Balance** that accelerate's inline skate performance.
- ◆ Learn how to use **Natural Posture Principles** to give you the ability to maintain or better recover balance over your **Base of Support (BOS)**.
- ◆ Learn how to become part of an effective fitness solution that focuses on **balance, bilateral coordination and symmetrical breath training in a tai chi-based Traditional Chinese Medicine** application.
- ◆ Learn to transition away from **asymmetrical, bad balance habits** and enhance your **brain function** by efficiently providing two valuable pieces of internal and external spatial information to maintain balance: proprioception and exteroception.