

BALANCE AND MOTION PLUS!

Building on the success of our BAM (Balance And Motion) class, BAM Plus is designed for the active 55+ adult who refuses to slow down, instead striving to move with increased agility, resilience, and self-assurance, while pursuing their passions. This invigorating, full-body workout, combines strength training, cardio, agility drills, core development, balance, and flexibility exercises. Set to lively music, with supportive instruction, and modifications for all levels, this class goes beyond exercise—it's about staying independent, vibrant, and ready for life's adventures.

Class Details:

Tuesdays, Thursdays & Fridays

9:30 - 10:15 am

Please wear comfortable clothing (closed-toe shoes)

It's important to stay hydrated. Bring water
(and a friend, if you'd like!)



Cost:

Donations are accepted by the instructor at participant discretion. Please bring your insurance card (if you have one) to use when signing in. If you have health insurance with FHCP, AdventHealth, Humana, or United Healthcare, the instructor will be compensated by your insurance company at no cost to you.

This class is sponsored by our valued partner, Florida Health Care Plans. Having FHCP health insurance is not required to attend the class.)

Annie Telesh



With over two decades of experience in the fitness industry, Annie Telesh has built a dynamic and holistic approach to movement. Her journey began as a personal trainer and group fitness instructor, evolving into leadership roles as a fitness director and master coach. Annie is certified across multiple disciplines - including ACE, AFAA, Silver Sneakers, 500 HR-Vinyasa Yoga, Pilates, TRX and Active Adults Biomechanic. Her philosophy is rooted in understanding the body's mechanics, how and why it moves throughout life. Every session is a thoughtful exploration of strength, mobility, and balance, tailored to the unique "movement fingerprint" of each individual. Annie believes movement is more than exercise-it is expression, awareness, and function. Her mission is to guide others to move better, feel better, and understand their bodies in a deeper, more meaningful way.