



## Gentle Stretch Class

Mondays & Wednesdays at 4:15 to 5:00 p.m.

\$3 Members and \$5 Non-members

This “Gentle Stretch Class” will be offering slow flowing movements, balance practice and gentle stretching. It will be perfect for students looking for a less intense workout that will help to alleviate pain and stiffness, while aiding mobility. You will use props such as chairs, walls, and balance balls to support your balance while increasing strength and flexibility in a comfortable environment.