

SENIOR STRETCHING

Got Pain? Join our Simply Stretch Class

**Thursdays 12:30-1:30pm
Open for Drop-In anytime!**



**APPROPRIATE & OPEN TO ALL
NO EXPERIENCE NEEDED
[You do not need to know yoga]**

Simply Stretch is just what it sounds like; an easy stretch class designed to relieve pain associated with tight muscles & joints, build strength & improve balance!

Modifications for all levels of limitations will be made and pace of the class will meet the needs of the group overall.

**6wk. Series Fee \$50 - Drop in fee \$10/class
New 6wk. series begins Sept 7th or just drop-in to class!**