

# ***Therapeutic Exercise Class @ Evergreen***

*Hosted by Anke Langenhorst from Anke Langenhorst Physiotherapy*

Content: Cardio fitness, Flexibility, Strength, Co-ordination and Balance

Current Times: Tuesday 9:00 am ( live class in the gym)(2 spots available)  
Thursday 7:30am ( online zoom class, but possibly  
changing to live class in the gym depending on popular  
demand)

40 minutes @ R80,00 per class, Paid monthly in advance (amount varies  
depending on the amount of class days in a month)  
Paid invoices are sent out at the end of the month

*If your Health matters to you and you are interested to join in the fun of  
fitness, flexibility and increased well-being, **contact Anke: 0833868558**  
to reserve your spot.*

*First come first served( we only have space for 10 in a class)*

Kind regards

Anke Langenhorst