

# STRETCH EXERCISE CLASS

EVERGREEN NOORDHOEK and LAKE MICHELLE



Come and join a **stretch exercise** class to improve your mobility, muscle tone and general balance

This is a system of exercises involving stretching and pulses

Exercises suitable for seniors

NO floor work

NO high impact

Classes are FUN

Work at your OWN PACE & ability

Classes to be held once or twice a week for 45 minutes.

(days and times to be decided according to demand)

R140 pm for 1 x per week.

R280 pm for 2 x per week

Wear something comfortable & light-weight tackies

Come and see what it's all about

We will be hosting a **FREE DEMO** class on 5<sup>th</sup> February at 10h00  
in the Fynbos Lounge

Elvirah and Bronwyn will join you on the day