

# STRENGTH & STRETCH

→ Wednesdays 11:15 - 12:00

## with Mardi



Using chairs and standing with or without support, classes consist of a dynamic warm-up, movements with weights, stretching, balance and a calming cool-down for a total body workout.

Benefits include improved balance, muscular strength, posture, mental clarity, coordination, flexibility, circulation, joint mobility and energy.

Classes have modifications for all levels of fitness, relaxation, and fun while getting healthier!

FHCP Activity Center



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