



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY BE STRONG BELONG

Stretch, Tone, and Balance

Keeping your body strong and limber can help you maintain your independence as you age. In the Y's Stretch, Tone and Balance class, you can have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Each class consists of stretching exercises suitable for all fitness levels to increase flexibility and maintain muscle fluidity. Various toning techniques are used to strengthen arms, abs and legs and are suitable for all fitness levels



WHEN: Mondays, Wednesdays, and Fridays
TIME: 8am-9am
Location: GROUP EXERCISE STUDIO
For more information, contact Sheila Bauer
828-737-5500, ext.302
www.ymcaavery.org