

DEEP STRETCH

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



Now is a great time for a slow, thorough hour of “deep stretching” and gentle toning. This guided motivational stretching class is designed to increase muscle flexibility and tone while relaxing the mind.

INSTRUCTOR: LILI CHRISTENSEN

MONDAYS AND WEDNESDAYS: 1:30 TO 2:30PM

COST: \$6 DROP-IN OR \$50 PUNCH PASS

AGES: 15 + (SENIOR FRIENDLY)



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