

GENTLE STRETCH

with Darlene Morrison

Start your day with a rejuvenating head-to-toe stretch and meditation. Our workout will include both dynamic and static techniques. This is a workout that will gently stretch and lengthen muscles, enhance joint range of motion, improve flexibility, balance, and circulation. This is an ideal class for our members who enjoy golf, racquet, and other sport activities.

Gentle Stretch is taught as a Yoga-Stretch fusion class.



3:30 pm
Tuesday - Thursday