

GENTLE STRETCH

with Darlene Morrison and
Janice Middlemore

Start or end your day with a rejuvenating head-to-toe stretch. Our workout will include both dynamic and static techniques. In this class we 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.

On Tuesday and Thursday Gentle Stretch is taught as a Yoga-Stretch fusion class and taught as a traditional stretch/range of motion class on Fridays.



Tuesday – Thursday
3:30 pm w/Darlene

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Fridays

8am –w/ Janice