

S-T-R-E-T-C-H It Out!!

This is the class to get those joints oiled! Stand up straighter and fly right!
Breathe better! All of us who have stiffness in our bodies hey –
Let's take back our flexible, long lean muscles!

In this class are gentle stretches and strengthening moves for the muscles of the back, shoulders, legs, low back and abdominals. No pretzels here! Stretches flow, one into the other with variations to create new angles of freedom and openness in movement. Stretches are done sitting, lying or standing with attentiveness to beginner and advanced levels of flexibility! A true work at your own level of flexibility program!!
Bonus: learning new breathing techniques for better lung capacity, better oxygen to the body, better you!

Date: March 9 - April 27, 2011

Time: Wednesday mornings at 8:45 - 9:45 am

Cost: \$32 /city resident \$48 /non-city resident

All students should dress comfortably; bring along a yoga mat or blanket and a water bottle

Where: Classes will meet in the Fitness Center, located on the lower level of the Watertown Senior and Community Center

Special Needs: The department will make every effort to comply with the regulations associated with the Americans with Disabilities Act (ADA). In the space provided below, please list any special needs that you may have that would benefit your participation in this program. The department will attempt to accommodate these needs and will contact you to discuss your participation.

Stretch It Out Spring 2011

Name _____ Phone _____

Address _____

List any special needs _____

I hereby release the sponsoring groups from any and all claims arising from my participation in this program and verify that I am medically fit to participate.

Signature _____ Date _____

FEE: \$32// city resident \$48// non city resident (Must have a minimum of 10 students)