

# SUNRISE STRETCH

with Marie and Janice

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.

*Sunrise Stretch is taught as a Yoga-Stretch fusion class.*

7AM

Mondays and Wednesdays with Marie

Fridays with Janice