

# FLOW & BE STRONG EXERCISE CLASS

An Exercise Class that provides...balance, flexibility, & strength

**WHERE?** RYCKMAN PARK (~GAZEBOS)

**WHEN?** 2024, every Wed. 8:30 – 9:15 am

**WHY?** To become stronger...prevent falling too!

**WHO?** ANY age is welcome

**IT IS SO MUCH FUN, TOO!**



**WHAT CAN I EXPECT TO GET FROM THIS CLASS *designed and led by Kelly Young, Personal Trainer, Yoga Teacher?***

- A NEW HABIT
- IMPROVED HEALTH
- LESS PAIN...more flexible, more balanced and stronger
- CONFIDENCE IN EVERYDAY MOVEMENTS, *i.e.*

*LIFTING HEAVY GROCERIES, STEPPING OVER YOUR DOG, EASE IN WALKING, LESS STIFFNESS, INCREASED VITALITY, A BREATH OF FRESH AIR, STRENGTH FROM SIT TO STAND AND MUCH, MUCH MORE*

- A NEW COMMUNITY OF LIKE-MINDED PEOPLE
- INVIGORATED
- WELL-BEING
- HAPPINESS

**WE HOPE YOU WILL JOIN US!!!**