

# Stretching and Toning

- gentle but effective movements
- light hand weights
- balance enhancing
- seated workouts if needed
- stretching
- fun

**Beginning Tuesday June 6**

**Tuesday & Thursday @ 6 p.m**  
**Wednesday at 3 pm.**

*Come in and try this easy  
and effective workout*

*Great for men and women !!*



**Each class is only \$5**

**SANFORD**  
COMMUNITY CENTER

907 8th St, Palacios

