

# Strength Stretch

**Why Stretch? Movement is life.  
Stretching for EveryBODY**

***We will be focusing on increasing Core Strength!  
Trim your waistline!***

**WHEN:**

Tuesdays/Thursdays 6:30AM – 7:00AM

**WHERE:**

Sterling Community Wellness Center

\* Classes begin Tuesday, August 18th

## **Some Benefits of Regular Active Stretching**

**Reduces Stress**  
**Improves Circulation**  
**Improves the supply of oxygen to muscles, organs**  
**Increases the supply of oxygen to the brain which can improve memory and aid creativity**  
**Improves flexibility**  
**Increases Range of Motion**  
**Improves Balance**  
**Improves Posture**  
**Reduces Muscle Tightness and Spasms**  
**Decreases soreness and pain in soft tissue (muscles, ligaments, tendons, and fascia)**  
**Promotes and speeds the growth and repair of muscles**  
**Helps strengthen and tone muscles**  
**Enhances muscle endurance**  
**Increase Energy and Longevity**

### **Payment Options:**

- **NEW! Punch Card! Buy a punch card; use it for ANY class AND SAVE!!!!**
  - o **Members: \$36/punch card; Non-Members: \$55/punch card**  
**(One card = 12 hours!)**
- **Pay per class: \$1.50 members, \$3 non-members**