



# STRETCH & TONE

Strengthen and tone your whole body and put minimal stress on our joints, reducing the chance of injury. This functional resistance band circuits workout class includes warm up, total body workout, and cool down. Exercise bands and exercise mats will be provided.

**WHEN:** FRIDAY MAY 17 10AM

**LOCATION:** CLUBHOUSE DINING ROOM

**COST:** \$15 + TAX PER PERSON PER SESSION  
(LIMITED TO 20 RESIDENTS PER SESSION)

**RESERVATIONS REQUIRED VIA EMAIL:**  
[ADMINSUPPORT@THEHIDEAWAYGOLF.COM](mailto:ADMINSUPPORT@THEHIDEAWAYGOLF.COM)

OR  
CALL 239-275-6232 EXT 113

EVENT CANCELLATION POLICY APPLIES TO THIS  
EVENT.

**RSVP  
TODAY**

HOSTED BY: FITNESS & WELLNESS PROVIDER  
B POWERFUL NOW, LLC.  
941-504-4767 | [BETHANY@BPOWERFULNOW.COM](mailto:BETHANY@BPOWERFULNOW.COM)