

Wellness!

SUMMER 2024

GENTLE YOGA FLOW

FRIDAY 6-14-24 @ 10 AM

FRIDAY 7-19-24 @ 10 AM

FRIDAY 8-9-24 @ 10 AM

FRIDAY 9-13-24 @ 10 AM

Gentle Flow Yoga is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility.

STRETCH & TONE

FRIDAY 6-28-24 @ 10:30 AM

FRIDAY 7-26-24 @ 10 AM

FRIDAY 8-23-24 @ 10 AM

FRIDAY 9-27-24 @ 10 AM

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.

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

RESERVATIONS REQUIRED:

**VIA EMAIL: ADMINSUPPORT@THEHIDEAWAYGOLF.COM OR CALL 239-275-6232 EXT 113
EVENT CANCELLATION POLICY APPLIES TO THIS EVENT.**

**HOSTED BY: FITNESS & WELLNESS PROVIDER B POWERFUL NOW, LLC.
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