



# Health & Wellness

*Wednesdays, 12:30 - 1:30pm*

## **Brain & Body Boost Exercise w/ Instructor Gretchen**

Gentle exercise is designed to target both brain and body. Specific movements improve balance, agility, strength and coordination using breathing techniques to calm stress and sharpen concentration.

*Wednesdays, 12:30 - 1:30pm*

**January 9 - 30**

**\$20R/\$22NR**

**February 6 - 27**

**\$20R/\$22NR**

**March 6 - 27**

**\$20R/\$22NR**

**April 3 - 24**

**\$20R/\$22NR**

**May 1 - 29**

**\$25R/\$28NR**

**Walk-in Fee: \$6**