

Stretch and Tone

with certified fitness trainer Fareen

Every Wednesday at 10am
At the Clubhouse in the Condor Room

Stretch and tone
will focus on increasing flexibility via deep stretching and
building muscle strength using your own body weight.

This is a fun class for all fitness levels!

Please bring an exercise mat (or towel) and water.

Each class is \$5.00 (Your first class is free!)



***For questions contact:
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(909) 374-6025***