

## OLDER ADULT PROGRAMS



# Stretchercise

**6 week class starting January 28th!**

Rise and shine! Start your morning with music and a fun, low-impact, go-at-your-own pace class. A combination of gentle stretching, light weight training, chair yoga exercises, and easy movement games. Come join us for a friendly social workout while improving mobility, balance, and endurance with amazing Jackie Oxford.

Monday, January 28th - March 6th      9:00 a.m. - 9:45 a.m.  
Small Activity Room - 2nd Floor Civic Center  
\$60.00 for 6 week session

**For more information or to register, go to  
[www.playedgewater.com](http://www.playedgewater.com) or call 720.763.3011**