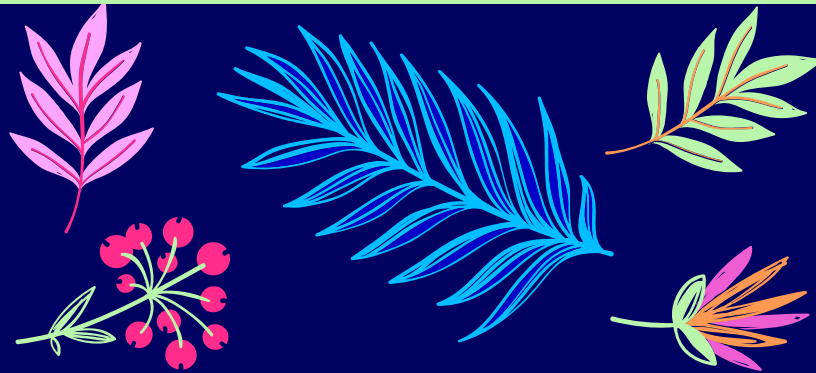


# STRETCH & FLEX

This virtual 45-minute class is designed to improve flexibility, mobility and stability, support core strengthening, help prevent injury, and increase the ability to sustain loads.

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• **FRIDAYS** •  
Starting May 7<sup>th</sup>

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• **9:00** •  
AM

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• **VIRTUAL** •  
Join Nina Caron on Friday mornings at 9AM  
EST for this fun STRETCH AND FLEX class.

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LIMIT: 8 people

COST: \$10/CLASS OR \$50/6 WEEK SESSION

CONTACT: [thefitdimensions@gmail.com](mailto:thefitdimensions@gmail.com) or 978/376-2493