



March 2025

The Rushseba

Monday	Tuesday	Wednesday	Thursday	Friday
	4 11:00am – Balance & Mobility with Hannah in FC	5	6 11:00am – Stretch & Strength with Hannah in FC	7
10	11 11:00am – Balance & Mobility with Hannah in FC	12	13 11:00am – Stretch & Strength with Hannah in FC	14
17	18 11:00am – Balance & Mobility with Hannah in FC	19	20 11:00am – Stretch & Strength with Hannah in FC	21
24	25 11:00am – Balance & Mobility with Hannah in FC	26	27 11:00am – Stretch & Strength with Hannah in FC	28
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Class descriptions:

Balance & Mobility

This class is designed to improve strength, coordination, and confidence in daily activities. Through a series of gentle exercises, participants work on enhancing their balance, flexibility, and mobility in a safe, supportive environment. The class focuses on building core stability, improving posture, and preventing falls, while also offering modifications to accommodate different fitness levels.

Stretch & Strength

This class combines flexibility exercises with strength-building movements to enhance overall fitness and mobility. This class focuses on improving muscle tone, joint flexibility, and range of motion for improved quality of life and ease of movement. With a variety of low-impact exercises, participants can safely build strength and increase flexibility at their own pace.