



# February 2025

## The Rushseba

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 11:00 – <b>Balance &amp; Mobility</b>	5	6 11:00 – <b>Stretch &amp; Strength</b>	7
10	11 11:00 – <b>Balance &amp; Mobility</b>	12	13 11:00 – <b>Stretch &amp; Strength</b>	14
17	18 11:00 – <b>Balance &amp; Mobility</b>	19	20 11:00 – <b>Stretch &amp; Strength</b>	21
24	25 11:00 – <b>Balance &amp; Mobility</b>	26	27 11:00 – <b>Stretch &amp; Strength</b>	28

## Class descriptions:

### **Balance & Mobility**

The Balance & Mobility 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**

The Stretch & Strength 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.