



March 2025

Timber Pines

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 – Balance & Mobility with Hannah in LE	4	5 10:30 – Stretch & Strength with Hannah in LE	6	7
10 10:30 – Balance & Mobility with Hannah in LE	11	12 10:30 – Stretch & Strength with Hannah in LE	13	14
17 10:30 – Balance & Mobility with Hannah in LE	18	19 10:30 – Stretch & Strength with Hannah in LE	20	21
24 10:30 – Balance & Mobility with Hannah in LE	25	26 10:30 – Stretch & Strength with Hannah in LE	27	28
31 10:30 – Balance & Mobility with Hannah in LE				

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.