

COME AND GET YOUR 'STRETCH' ON!
with
Miss Jackie



Who: Anyone but classes will be focused for the more 'mature' student
When: Tuesdays and Thursdays 5:15 – 6:00pm
Where: Miss Jackie's School of Dance Studio, Pasadora Place, Smith Road
Why: Because you care about your health

STRETCHING has a myriad of health benefits however here are few of notable mention:

- Pain relief
- Increased energy levels
- Increased flexibility
- Decrease of risk of injury
- Better range of joint motion
- Enhances blood circulation
- Encourages more restful sleep
- Improved posture
- Enhances muscular coordination
- Greater sense of well-being

Sessions will be 45 minutes long. Fees are \$100.00 a month [membership] or drop-in \$15.00 .

**MOTION IS LIFE.
BREATHE TO LIVE AND LIVE TO BREATHE.**