



Stretch and tone

Suitable for any level of fitness, the classes are low-impact with a real focus on proper engagement of your abdominals to build core strength as well as toning and stretching your muscles through various exercises that will improve flexibility and strength. The classes will focus a lot on technique and activating your muscles correctly and efficiently.

Beginners will get the benefit of toning up and starting out training and activating your muscles in the right way to ensure your fitness progresses for all activities that you do without the concern of causing injury.

Function

Stretch & Tone is about balancing your body and helps improve overall fitness, but the class focuses more on mind-centering types of exercise, using breathing techniques to improve your strength, flexibility and overall wellbeing

Benefits

Stretch & Tone classes aim to improve cardiovascular fitness, improve core and back strength, reduce stress levels and improve flexibility. People attending classes have experienced reduced stress levels, improved back pain issues, body rebalancing and an overall sense of calm and well-being.

Considerations

Stretch & Tone classes are formatted to accommodate a wide range of fitness levels. However, expectant mothers and those with back pain may need to take special precautions during class to ensure the safety for everyone.

Wednesday's

Session 1—February 19 – March 25, 2020

Session 2—April 8 - 29, 2020

\$10.00 drop in

Punch passes available (10 punches for \$85.00)

9:00 - 10:00 am

For more information please contact the Aquatic & Fitness Centre @ 780-632-6403