NEW CLASSES BEGIN ON FEBRUARY 22, 2016!

# *Balance and Stretch Classes*

**Balance and Stretch Classes Schedule:**

**Winton-Mondays @10:30 & Wednesdays @ 1:00 pm**

**Ahoskie- Wednesdays & Fridays @11:15**

**Murfreesboro- Tuesdays & Thursdays @ 10:30**

**Jennifer Martin, IFPA, AFFA certified Personal Trainer and AFFA certified Group Exercise Instructor.**

This class is designed to help improve your **Balance & Flexibility** while lengthening and stretching your entire body.

**FOR MORE INFORMATION, PLEASE CALL THE HERTFORD COUNTY OFFICE OF AGING @ 358.7856**