

Held at:
Memorial Rec. Bldg.
230 E. George Dr.
ON FRIDAYS!!!

Pueblo West Parks and Recreation
547-7400



Sit, Stretch, & More!!

with Ms. Paula

A stretch and fitness (*chair yoga, weights, dance, and core balance class*) for anyone of any age with physical limitations. Strengthen your muscles and improve range of motion & balance while listening to some great music and fun conversation!

No registration is necessary, just drop in and pay the instructor as you go. Just bring your water bottle, hand weights and a small massage ball to the class.

Held at the Memorial Recreation Building – 230 E. George Dr.

ONGOING SESSION: Fridays
TIMES: 9:30-10:30am
COST: \$2.00 per class

