



Interested in a good old fashioned **Stretch and Tone Class**

A one hour Stretch and Tone class is offered Tuesday and Thursday mornings from 10:00 to 11:00 a.m. right here in your own neighborhood. The class is taught by Suzan, a YMCA of the USA certified Fitness Specialist. The format will feature upbeat music and begin with a full range of motion warm up and end with a thorough cool down stretch. In between you can expect 40-45 minutes of specific guided exercises designed to gently work out the entire body. Exercises and stretches will be done standing, seated, and on the floor. The rules of class are simple: Go at your own pace. Never do anything that hurts. Have a good time. Appropriate for all levels of fitness and all ages that can sustain interest for one hour. No equipment is necessary to try the class ... there are a limited number of resistance bands and hand weights that you may borrow to give the class a try. If you wish to attend on a regular basis it is recommended you purchase your own.

**Bring a mat or throw rug to cushion floor exercises,
hand weights, and resistance bands if you have them, and
wear comfortable clothes for unrestricted movement.**

Location: The main pavilion - Maikoiko Street Park
Instructor: Suzan
Cost: Free to HSCA members
Non-members will be charged a \$2 guest fee

**New location
as of 9-1-09**

E-mail Suzan at communityrelations@hawaiianshorescommunity.com, let the office know of your interest, or just drop in and give this free community class a try!

