

## COME AND GET YOUR 'STRETCH' ON!

with

# Miss Jackie



**Who:** Anyone but classes will be focused for the more 'mature' student  
**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

### **Fees**

**2 Classes a week – 8 Sessions - \$100**

**Drop-in \$15**

### **Evening Sessions**

**Tuesday & Thursdays 5:15 – 6:00pm**

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