

We're having a Spring Intersession Essentrics Class

Wednesdays -- 3:10 to 4:10 p.m.

May 27th, June 3rd, June 10th and June 17th

Flexibility, strength and balance are needed for any sport or activity—golf, pickleball, gardening and daily living. Would you like to enhance your ability to do these things? Essentrics is a dynamic and gentle full body workout suitable for all fitness levels. Essentrics combines stretching and strengthening, and engages every muscle in the body. This class will increase flexibility, balance and mobility for a healthy, toned and pain-free body.

Please note: This is a one-hour class. Participants must be able to get up and down from the floor unassisted. People with a disease or condition that might result in health issues when engaging in low-level movement activity should not enroll in the course. A medical screening form will be distributed by the instructor.

June Bird earned an MA in dance and has been teaching it for more than 30 years. Her background is in ballet, tap, jazz and modern dance. She has taught dance movement in dance studios, after-school programs, adult education, community colleges, nursery schools, public schools and assisted-living communities.