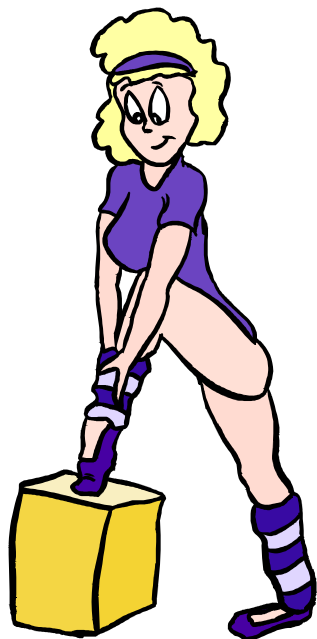


“CHOICES” at Poynton Community centre  
107 Park Lane, Poynton.  
TEL: 01625 875555



# STRETCH FIT

Regular stretching allows us to move easier and to think and act without being restricted.

This course is designed to stretch muscles, ligaments and tendons to make them stronger. Through the use of lengthening actions you should improve your posture by making the joints better supported and able to go through their full range of movements, while the muscles are better nourished from the increased blood supply.

Stretching helps to add vitality and vigour thus helping relieving tension and stress.

Sessions will begin with a warm up to prepare the muscle groups for the work-out. It will continue with exercises to help improve body shape and the way you look and feel about yourself.

Strength and toning exercises will be added to target the tummy, waist, and thighs.

A cool down will end the session to make you feel good about yourself and more confident both mentally and physically.

Please wear comfortable unrestrictive clothing.

It is more beneficial to do the session in bare feet, but if there is a problem with this, lightweight shoes will be the best.

Please try and bring a mat as the Centre has a limited supply.

**10 WEEKS OF 1 HOUR PER WEEK**  
**COMMENCING TUESDAY SEPTEMBER 14TH 2010**  
**AT 1.30PM–2.30PM**  
**COURSE FEE: £30.00**