

Harbor Pointe Community Breath and Stretch Class

*Trial
Class*



*Cost:
\$10.00*

Wednesday, May 17th

10:30 - 11:15 am - HP Clubhouse
Certified Instructor: Anson Bingham

The class is designed to teach breathing and gentle movements to increase flexibility and mobility. It will also help to improve your balance, coordination, posture and range of motion.

*Wear comfortable
clothes.
Bring a mat or
towel.*

