

# SEATED FLOW & STRETCH



**WEDNESDAYS 10AM  
LAKESIDE ESSENCE ROOM**

Seated Flow & Stretch incorporates gentle movements to help with stretching, range of motion and flexibility, ending with meditation. This class is seated but may incorporate some standing movements using the chair for assistance.



BROUGHT TO YOU BY THE WELLNESS DEPARTMENT  
352-383-0051 EXT 304 OR 509