

# ESSENTIAL STRETCHING CLASSES

*For Seniors*

*With*

*PAULETTE HAINES*

A dynamic and fluid full-body workout that focuses on rebalancing the body by stretching and strengthening every muscle group.



**Starts Monday January 12th, 2026**

**Time:** 10 am to 10:45 am

**Location:** Holy Trinity Church Hall

2 Hammond River Rd, Quispamsis, NB

**Cost:** \$50 for 10 Classes

**Pre-Register** by calling **506-609-9099**