

# Hearthstone Lodge Fitness



## **Flex and Balance**

**Mondays, Wednesdays & Fridays, 8:30 - 9:15 a.m.**

After a warm-up with aerobic activity, dive into stability training with a focus on stretching and balancing all sides of the body. Increasing range of motion in your upper and lower body is a goal of this class.

Instructors: Rane Pattison and Brian Blasick



## **Low Impact Jump & Jive - NEW!**

**Tuesdays, 9 - 9:45 a.m.**

This fun, moderate cardiovascular workout begins with a low-impact warm-up, and includes elements from martial arts to help train your whole body. Rest and recovery are incorporated. Conclude with a cool-down and gentle stretching. Develop confidence, build stamina, and improve coordination and balance.

Instructor: Rane Pattison



## **Tai Chi & Stretch**

**Wednesdays, 11 - 11:45 a.m.**

Beginning with a warmup and extended stretches, this class incorporates elements of Tai Chi and coordinated movements. Improve balance, breathing, and increase harmony and flexibility through these series of slow and gentle exercises.

Instructor: Brian Blasick

Register online at [www.forsythco.com/seniors](http://www.forsythco.com/seniors)  
or call (770) 781-2178.



Hearthstone Lodge | 7305 Lanier Drive | Cumming, Georgia 30041  
Forsyth County Senior Services | (770) 781-2178 | [www.forsythco.com/seniors](http://www.forsythco.com/seniors)