

# Stretch & Relaxation (Monthly)

Sandee Sineni will get you in shape with her Stretching and Relaxation class which combines fitness, dance and yoga stretches, designed to increase flexibility and balance. Sandee is certified with the American College of Exercise, American College of Sports Medicine, National Strength & Conditioning Association and in Life Style & Weight Management.

Classes are held at Bethesda-By-The-Sea Church, 141 S County Rd, Palm Beach. Parking is available along Barton Avenue.

Tuesday & Thursday 8:15-9:00am

Monthly Fees: Resident Nonresident

Classes	\$92	\$115
Drop-in	\$14	\$18



Classes are scheduled to begin  
October 1



Palm Beach Recreation  
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