

# Balance & Stretch Class

This class is designed to focus on increasing strength and range of motion in the muscles that help us maintain our coordination and balance. Attention will be given to functional movements, or movements that we do throughout our daily life. All levels of fitness are welcome to attend and modifications will be given to meet the specific needs of participants. All equipment is provided, including towels. Please wear comfortable clothing that allows for free movement and bring a water bottle.

**TUESDAYS 8:30-9:30 AM**

**Class Instructor:  
Melissa DiDomenico  
ACE Certified Personal Trainer**

**Class size is limited – please pre-register by calling:  
Studio Fit: (916) 686-1477  
Or  
Melissa: (916) 202-3255**

**STUDIO FIT**  
*personal training and massage*  
coaching body and mind

**9639 E. Stockton Blvd. Elk Grove, CA 95624**