



Community Health

# Stretch and Relax for 55 + Chair Exercise Class



This class is ideal for active older adults 55 +

Release tension and relax with a stretching session on a chair and/or standing.

Free

Limited spots available. Register on site. Questions?

Email [Programs@BaptistHealth.net](mailto:Programs@BaptistHealth.net)

Palmetto Bay Park

Community Center  
17535 SW 95 Avenue

Every Monday 10:30 a.m.  
and 11:15 a.m.

*Moves to Perrine Community House in the Summer months*



Classes are subject to change.