

SilverSneakers YogaStretch

Coming to the YMCA Thursdays at 10AM starting June 8

What is YogaStretch?

YogaStretch is a group exercise class designed for those who have expressed a desire for more flexibility, balance, muscular endurance and mind body training. YogaStretch is a 45 to 60 minute class that is appropriate for “every body”. All of the poses and breathing exercises are performed either seated or standing.

Why is YogaStretch important?

The YogaStretch class offers exercises to improve joint range of movement, core strength, posture and breathing efficiency, while promoting stress reduction and a sense of well-being.

SilverSneakers YogaStretch Class Description

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Tips for Your First Class:

1. Bring water to drink during class.
2. Wear loose, comfortable clothing.
3. You do not need to remove your shoes or bring a yoga mat to class.
4. Notify your instructor of any injury or illness.
5. Avoid practicing yoga following a large meal.
6. Practice SilverSneakers YogaStretch in a group setting for “Fitness, Fun and Friends.”