



# Exercise for your Heart

February 1-28, 2025

## Gym Incentive Programs

Join us in celebrating Heart Month with our 4-week program perfect for those looking for that extra incentive to stay on track with their exercise routine after the New Year! Exercise in group exercise classes or the pool throughout February and receive your valentine hearts. We will celebrate your success and efforts after we fill our large poster size heart in the pool area and group exercise rooms.

All hearts collected during the program will be enter in an opportunity drawing!  
For more information contact Irma Lunsford (559) 624-3444

## Sound Bath & Stretch

Four week class using crystal singing bowls, Himalayan bowls and chimes.

Beginning Saturdays January 4th to January 25th at 10:30-11:30 AM in room A

**Goal:** Relaxation and restoration achieved by using gentle stretching, breathing techniques and sound.

Time/Format: 20 minutes intro/breath work/stretching  
10 minutes guided meditation/set intention  
20 minutes sound mediation  
Relaxing and restoration achieved by using gentle stretching, breathing techniques and sound  
This class is geared towards: Anyone looking to relax, stretch, and heal.

- **Benefits:**
- More calm/less stress
- Muscles feel looser
- Better body awareness
- Reduce inflammation/pain
- Improve sleep
- Improve concentration
- Improve mood
- Many more



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