



# Love Movement With Lisa!

**Every Thursday @ 11:15 AM to 12:15 PM**

Sign up today for the exciting new exercise class with Lisa! Get a workout while having a great time! This is fun, low/no impact cardio workout set to uplifting musical genres of many styles.



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Class begins with a warm up and gentle stretching...

We then move onto some upper body strengthening with light weights, balls or bands. Add some marches, oldies, cha-cha, disco, and country to get the blood pumping!

Every Class ends with a cool down and stretching with relaxation and deep breathing, maybe even a little chair yoga thrown in from time to time.

Bring a smile and prepare to have fun and get lost in the music!

2022-03-23