

# New Class/New session Essentrics



We are offering **Two Trial Class Dates**  
Thursday January 9<sup>th</sup> - 12:15pm to 1pm  
Thursday January 23<sup>rd</sup> - 12:15pm to 1pm

Should you like to join after trying the free classes

Class will run from

Feb 6 – Mar 20, 2025

Thursdays from 12:15 – 1:00pm

7 weeks for \$75.00 per person

## ESSEINTRICS - Apprentice Class

**ESSEINTRICS** is a dynamic full-body workout that simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned and pain-free body. With a diverse music playlist accompanying each routine, this equipment free workout leaves you feeling energized, youthful and healthy.

**Please note:** People with severe osteoarthritis in joints and very limited mobility may find this program too difficult.

**What to bring?** A Yoga Mat is required. Workout is done ideally in bare feet. You can wear soft dance slippers or Yoga Socks (Paula will have Yoga socks for \$5 to purchase). Running shoes can be worn but it is not recommended for this class.