

STRETCH

at the library

Professional fitness instructor Hillary Thornton invites you to join us for a free, well-rounded mat exercise class that incorporates body alignment and resistance, core strengthening, balance work, and restorative stretching. Participants must be able to get down to and up from the floor independently.

Fitness beginners welcome.
Dress for unobstructed comfort, and bring an exercise mat .
Ages 18+.

*Saturdays
at 9:45 AM
starting May 13*

No class June 24, July 1, and July 8.

*Sponsored by the
Alpine Library
Friends Association*

Alpine Branch • 1752 Alpine Blvd, Alpine, CA 91901 • (619) 445-4221



sandiegocountylibrary

www.sdcl.org



@sdcountylibrary

