

### **Strength & Stretch in the Park with Christi!**

A new fitness class is being offered on Wednesdays at 8:30 a.m. -9:15 a.m. at Orchard Park in RVR beginning June 11. Long time Fitness instructor and Personal Trainer, Christi Small, is returning to teach this complimentary class. Christi has taught a variety of classes at RVR for over 15 years. This class will focus on Functional Fitness for all ages and fitness levels. Functional Fitness emphasizes movements we do every day, improving overall strength, mobility and stability. Please bring a yoga mat and water. Wearing stable shoes is important as you will do exercises in the park on the grass and will find uneven ground. The class is complimentary, with option to make a donation to a local charity, which will change. Tom's Door is the charity for the next 6 weeks. No need to register or call in.

Mornings have been chilly, so dress for the weather. Strength & Stretch in the Park is open to all RVR members and public residents. Please tell your friends! If the weather looks spotty (raining @ 8am), please call the Ranch House Front Desk to confirm there is class. 970-963-6300. See you next Wednesday, June 11.