

STRETCH AND FLEX

WITH TRICIA

KTOP Channel 10 | AT&T U-Verse Channel 99



MONDAY | STRENGTH & STABILITY | 10:00AM | KTOP

Focus is on exercises to strengthen the body and support better movement function and balance. Stretching and centering breathwork practice is also included to find strength and balance in the mind. This class is suitable for all bodies and abilities.

TUESDAY | MINDFUL MOVEMENT | 10:30AM | ZOOM

Encourages students to find space and freedom in the body and calm in the mind. Class is taught both sitting and standing, so students are able to adapt the class movements for their own body.

- **Members Only**

WEDNESDAY | STRENGTH & STABILITY | 10:00AM | KTOP

*First Wednesday of the month | 9:00 AM

THURSDAY | MINDFUL MOVEMENT | 9:30AM | KTOP

FRIDAY | STRENGTH & STABILITY | 10:00AM | KTOP



RSVP for Zoom Link: www.MyActiveCenter.com



510-238-3284 |



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*Times may vary due to programming. Check KTOP for up-to-date listings.