

Bend & Stretch

The classes will emphasize safe techniques for maintaining balance, staying active, and exercising effectively at any stage of life.

Join Us Every Friday

Dates:

From June 13 to August 8, 2025

Time:

10:00 AM - 11:00 AM

Location:

Bethlehem Memorial Hall
143 Main St S, Bethlehem, CT

For more information, call (860) 397-9480

