



# Chelmsford Stretch, Strength and Balance

4-week Program on Tuesdays, October 5 to 26, 2021

4:00 – 5:00 pm, McCarthy Middle School

## Tone Your Entire Body

Have fun moving while improving your strength, balance, and flexibility. This is a low-intensity program designed for both beginners and avid exercisers who are ready to jump-start their fitness program. Classes include light stretching, balance exercises to improve core strength, and bodyweight strength exercises to improve overall strength and fitness. All exercises will be performed using body weight. No equipment is necessary or provided. Participants should come to class prepared with a yoga mat, sneakers/athletic footwear, and a water bottle.

- COVID-19 PROTOCOL - MIIA strongly encourages at least 3ft. distancing, preferably 6ft., wherever possible and encourages all to mask, even outdoors, when social distancing cannot be accomplished.
- Participants will need to bring their own yoga mat to each class. Equipment will not be provided or shared at this time.
- This class will be held outdoors at the field near the track at McCarthy Middle School (weather permitting). Classes will be canceled due to inclement weather and WILL NOT be moved indoors.

**Leader:** Paul Connolly, Personal Trainer

**Registration:** Please register by September 30 with Mary Harrington at [mharrington@mma.org](mailto:mharrington@mma.org) or 617-426-7272 x278. Only MIIA/Blue Cross members are eligible for prizes or awards. Class size is limited to 25. Preference will be given to MIIA/Blue Cross members when space is an issue. Please let Mary know if you are a MIIA/Blue Cross member.

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Free program open to all Town of Chelmsford employees and their spouses.