Stretching and Toning

Mondays: 10:00 a.m.
January 6, 13, 27, and
February 3, 10, 24, & March 2, 9, 16
and 23, 2020 in Meeting Rooms 1 + 2
(No class on 1/20 & 2/17)

Limited in-person registration for Levittown UFSD residents begins on Monday, December 30 at 9:30 a.m. at the Circulation Desk and non-residents on Thursday 1/2.

Single person registration. For ages 18+.

Each patron must sign a physical release form prior to the first class. An $30.00 non-refundable fee (check or money order only) made payable to the Levittown Public Library is due at registration.

Stretching may increase flexibility and improve the range of motion of your joints. Because stretching is a low impact exercise, it is appropriate for people of all ages to do. It will help people with reduced mobility to build and strengthen their muscles. The exercise that stretching provides for the body increases the amount of blood flow through the body.