

Charlotte County Community Services presents...



# Flex-N-Go

**Thursdays, 9 to 10 a.m.**

**\$2 fee**

**Class limited to  
10 participants**

This program offers an opportunity for greater movement with instruction on flexibility to help increase muscle strength while improving balance and coordination

Each hour-long session is instructed by onsite staff

All fitness levels welcome

Pre-registration required

Ann & Chuck Dever Regional Park Recreation Center  
6961 San Casa Drive, Englewood, FL 34224  
941.681.3760



**CharlotteCountyFL.gov**  
A program of Charlotte County Government