



Presents: Social Fitness Classes



Has your child been less active due to quarantine?

Want to improve flexibility, strength and balance?

Are you trying to get them back in shape for fall sports?

Jump-start your summer with our FREE Zoom classes for a quick burst of exercise and fun!

There is an exercise course available for almost every age! We are offering FREE virtual, group exercise classes weekly until the end of June! These classes will focus on strength, coordination, flexibility and endurance and are all taught by our physical therapy staff.

Current Classes offered:

2-5 years of age: Thursdays at 11:00am

- For more information, please email: Jennifer.Macaulay@cornerstonetherapies.net

1st-5th Graders: Mondays at 2:00pm

- For more information, please email: Amy.Sybesma@cornerstonetherapies.net

6th-12th Graders: Monday at 12:30 pm

- For more information, please email: Roxanna.Ramirez@cornerstonetherapies.net

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