



**SEDALIA
PARKS &
RECREATION**

Sit & Fit



This fitness class is geared towards older active adults or anyone who needs a low impact class. We use gentle cardio and resistance training activities to improve balance, range of motion, and maintain muscle strength. Chair support is offered to safely perform a variety of exercises while seated.

Taught by Senior Fitness Specialist Vita Razumovsky.

Classes held Thursday mornings
9:00-10:00am in the gym at Convention Hall.

September 5, 12, 19, 26
Register by September 3

\$15/ 4 week session OR \$5
drop in rate.

1500 W. 3rd St. www.sedaliaparks.com (660)826-4930