

# SIT & FIT

**December 3, 10, 17**

**\$12**

Register by:  
November  
30th

December 3, 10, 17  
9:00-10:00am at  
Convention Hall

Sit & Fit is a fitness class that is geared towards older active adults or anyone needing a low impact exercise 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.

**CALL (660) 826-4930**

1500 W. 3rd St.

**WWW.SEDALIAPARKS.COM**



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