

# Sit & Fit



## What is Sit & Fit?

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.

Taught by Senior Fitness Specialist  
Vita Razumovsky

## November 5,12,19

9:00-10:00AM  
at Convention Hall

\$12 to register for 3 classes  
or \$5 drop in rate

Register by November 3rd

1500 W. 3rd St. [www.sedaliaparks.com](http://www.sedaliaparks.com) (660)826-4930