

# SIT & FIT

**May 6, 13, 20, & 27**

**\$ 15**  
Register for  
\$15 or drop  
in for \$5 per  
class.

**May 6, 13, 20, & 27**  
**9:00-10:00am at**  
**Convention Hall**



**SEDALIA  
PARKS &  
RECREATION**



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**