

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



Sit & Fit



**SEDALIA
PARKS &
RECREATION**

**January
7th, 14th, 21st, 28th**

**9:00-10:00am at
Convention Hall**

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

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.