

SIT & FIT

December 2, 9, & 16th

\$12

Register for
\$12 or drop in
for \$5 per
class.

**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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