

CHAIR FITNESS



SENIOR CENTRE

INFORMATION

This low intensity workout combines cardio, strength, and flexibility all modified from a seated position. This class is perfect for those just starting an exercise routine, recovering from surgery/injury, or are looking for a lower intensity workout. Participants use a resistance band in this class. There is also the option to stand and use the chair as a balance aid.

INSTRUCTOR

This class is taught by certified Senior Fitness Instructors with oversight by a Registered Kinesiologist through Stonebridge Community Services

**REGISTRATION
REQUIRED**

**MEMBER
\$4.00**

**NON-
MEMBER
\$6.00**

Try the first
class free

Monday
Friday
10am-11am

Wednesday
1pm-2pm