



Improve your strength through chair exercises

Chair aerobics is a safe and effective low-impact workout performed while in a seated position. This class provides a cardiovascular workout for those who cannot stand for a prolonged amount of time or who may be new to exercise, while significantly reducing the risk of injury or a fall.

Fitness Center: _____

City, State ZIP: _____

Day(s): _____

Time(s): _____

Join us at this new class available to you through SilverSneakers FLEX®.

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