## **Chair Aerobics**

<u>What:</u> A 30-minute *SEATED* exercise class aimed at improved cardiovascular strength and fitness. This class is great for beginners or individuals with mobility challenges.

<u>When:</u> Fridays from 11:00-11:30 am (unless otherwise specified) \*\*Starting Feb. 2<sup>nd</sup>, 2023

<u>Where:</u> Small multi-purpose room in the Health and Wellness Center

