

SIT AND BE FIT

Chair Exercise



You've got to love a fitness program that involves pulling up a chair. Participants gain the strength and flexibility to perform everyday activities. Routines incorporate simple exercises and light resistance to achieve an all-around, low impact workout. This program focuses on cardiovascular health, muscle strength, balance, conditioning and coordination.

FREE

Thursdays
11:00 – 11:45am

Veterans Park Senior Center
301 Esplanade
Redondo Beach, CA 90277

Instructor provided by Beach Cities Health District. For questions please call City of Redondo Beach Senior & Family Services at 310-318-0650 or visit www.redondo.org/senior

***Please note: This is a non-custodial care class. Care partners must stay with the participant if they need any help throughout the program.**

