



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIMITLESS POSSIBILITIES FOR EVERYONE

CHAIR WORKOUT CLASS

Fall I Session

MONDAYS 6:30 – 7:00 PM

CLASS DESCRIPTION:

For the Fall I session this beginner level exercise class is being offered to suit those that struggle with mobility and balance. The entire class engages the whole body while remaining seated and offers modifications as needed.

REGISTRATION FEE:

Member	Free
Community	\$12.50

LOCATION:

YMCA of the Blue Water Area - Blue Water Board Room



CONTACT:

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