

Isles Seated Exercise Class

When:

Wednesday, April 17, 2019

Time: 6:30pm



Join us at the clubhouse for our first exercise class! All exercises are seated and easy to follow. Workouts are done to upbeat music and you can go at your own pace. These are total body workouts involving:

- Cardio
- Core and strength training
- Stretching to improve range of motion
- Balance to help improve posture

Basically these are 1/2 hour workout routines but can do an hour if desired

(we will start slow). If you have a bad knee, back, hip, foot, or other health conditions, it's great because you are seated and can go at a slower pace if you wish. You can also do the routine standing if you are able and wish to get a tougher more energetic workout.

