



# SEATED WORKOUT CLASS STRONGHEART DANCE ROOM

Every Tuesday 1pm-2pm • Starting February 13<sup>th</sup> 2024

**FREE** for Tribal Members & Strongheart Gym Members • \$10/Class for Non-Members


**Low intensity, full body workout for any fitness level.**

This class is specifically designed for those who may have ankle, foot, knee or back problems, but anyone can benefit!

By focusing on the core, and upper body, the class helps develop and maintain increased flexibility, range of motion, and strength.

**Led by Certified Personal Trainer and Corrective Exercise Specialist, Cheryl Send**

**Strongheart Center**

 (231) 534-7457

 2700 Strongheart Way, Peshawbestown