



# CHAIR AEROBICS

## Overview

Come and join chair aerobics, a workout designed to elevate the heart, get your blood circulating and work on those core muscles.

## Venue

Mi Community Centre, Langwarrin

## Days and Times

Tuesday - 1pm - 2pm

## Duration

12 weeks

## Activity Type

Routine Program of Supports

## Cost

Nil

## Resources

Nil