

Laguna Vista Chair Exercise Class Syllabus

WHO: Laguna Vista residents looking for low impact exercise/movement in a friendly and cheerful environment.

WHAT: Focus will be on improving participant's capacity to perform activities of daily living and to develop/improve balance, strength, and flexibility. There will also be low-level aerobic activity incorporated into each session.

WHEN: Per the September edition of the Echo, class will convene on Monday's @ 9:00am with the first class scheduled on Monday 4 September 2023.

WHERE: Laguna Vista Community Clubhouse (Ballroom).

HOW: Dress in comfortable clothing and wear sneakers or soft shoes. Bring your own water and a towel (if necessary).

WHY: Get moving, meet neighbors, and HAVE FUN!!

Instructor contact information: Al Ablong, LVME Space 84. E-mail: aablong@gmail.com or direct message in Nextdoor