



Chair One Fitness

A Comprehensive Chair-Based Dance Fitness Program

“Experience a Total Body Workout Right from Your Chair”



The Program was created for individuals who have complications standing during a fitness regimen. This includes senior citizens, people with balance deficits, injuries, disabilities, or suffering from obesity. It is designed to keep individuals mobile and to ensure they remain progressive in daily function and / or recovery. This program delivers a fun, musically driven, interactive, full body workout that uplifts people through dance and fitness movements.

First Session: Friday, August 2, 2024
10:30 AM - 11:30 AM

Instructed by: Ratanya Wiker-Johnson
Owner, MadHouse Dance Fit

“ALL Programs and Activities are for Perquimans County Members Only”