

CHAIR ONE

FITNESS

WANT TO TRY SOMETHING NEW?

The Chair One Program is designed to deliver a Fun, Musically-Driven, Interactive, Full Body Workout that uplifts people through Dance & Fitness moves.

GREAT FOR:

Seniors
Veterans
Wheelchair Users
Amputees
Those with Disabilities
Injuries
Chronic Pain
Weight Challenged

EVERY WEDNESDAY
4:30-5:30 PM

 Nelson Fitness Center

 706.791.6872



    
@FtGordonMWR