



Every Wednesday – 9:30 to 10:15, followed by morning tea.

Chair aerobics, like any aerobic workout, is designed to elevate your heart rate and keep it elevated for a set period of time. It helps build endurance and strengthen the heart.

So how do these aerobic workouts differ from a typical aerobic routine?

Well they have similarities and differences. The primary difference is that the participant remains seated throughout the workout when doing seated aerobics.

The main similarity is that they both give you a cardiovascular workout.

These types of workouts are those that get the heart pumping and the oxygen flowing.