

Move-n-Groove: Seated Fitness Entertainment - Series

This interactive program of music and fitness is designed for adults with physical or cognitive challenges. Using familiar and upbeat music, props, and a variety of simple movements, the experience promotes healthy hearts in every way as we share in movement, singing, laughter and joy. This series is 4 sessions.

Program Type Series

Time 4 sessions, 50 minutes each

Audience Size 25 maximum

Language English

Audience Disabled, Elderly

Season All Year

Topic Wellness

Region Boston, Metro Boston

Program Contact

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