

# Move-n-Groove: Seated Fitness Entertainment- Single

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.

**Program Type** Single

**Time** 50 minutes

**Audience Size** 25 maximum

**Language** English

**Audience** Disabled, Elderly

**Season** All Year

**Topic** Wellness

**Region** Boston, Metro Boston

**Program Contact**

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