

STEPPIN' INSIDE

LED BY D'NISHA BRANNON

CHAIR AEROBICS



Sit in your chair and exercise!

Wednesdays at 1:00 pm

Do one video each week or all four.

Your choice!

Week 1

Cupid Shuffle Chair Workout

<https://youtube.com/shorts/srojltOl86o?si=3p-u9iEXm-HSg2T6>

Repeat!



@everdanceapp Chair Exercise

<https://www.youtube.com/shorts/rHYaD6KIZ74>

Repeat!

Week 2

Week 3

Chair Workout to Lose Belly Fat

<https://www.youtube.com/shorts/F6eSlhoVhcM>

Repeat!



In-Home Metro Active-Motown Hits

https://youtu.be/vQ-v8IMnNKM?si=i3_-eNZPbSHsLt7i

One time!

Week 4

Text "Steppin" when you participate to -

Kimberly Cooley - 313.484.4709

EXERCISE
TIME



Stay
Healthy