

BalletActive Sofa 2 Studio

A three-week challenge
Limited Mobility



Take the following classes on BalletActive each week to complete the challenge.

Week 1	Bitesize Yoga: Seated	Chair Fit with Nicky Henshall 1	Seated Stretch and Shake
Week 2	Chair Yoga with Abbie Biscoe: Power and Strength	Chair Fit with Nicky Henshall 2	Chair Yoga with Abbie Biscoe: Upper Body
Week 3	Chair Yoga with Abbie Biscoe: Lower Body	Chair Fit with Nicky Henshall 3	Seated Contemporary