

Online Fitness Classes University of Idaho Extension



Fitness Made Simple! **Thursdays, 10:00–11:00AM MST**

Chair-based seated and standing toning/strengthening exercises. Use of hand weights, resistance bands, and/or exercise balls optional. Modifiable for a variety of fitness levels.

Join Zoom Meeting: <https://uidaho.zoom.us/j/85143098244>

Meeting ID: 851 4309 8244

Passcode: 693155

Suggested Equipment

Resistance bands

1-6-pound weights

7-9-inch exercise ball

The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws.

Reasonable accommodations will be made for persons with disabilities and special needs who contact Laura Sant at least two weeks prior to the event at 561 W Oneida, Preston, ID 83263; 208-852-1097; lsant@uidaho.edu.