

Sit & Be Fit



Sit & Be Fit is a full body workout including cardiovascular exercise, strength training, and stretching all while sitting in your chair. All you need for this class is a sturdy chair, drinking water, and be prepared to have fun!

Registration is required. To register, click [here](#) or call us.

Dates:	Every Tuesday <i>No class: 9/7, 11/23, 12/21, 12/28</i>	Every Thursday <i>No class: 9/9, 11/25, 12/23, 12/30</i>
Time:	10:30 am – 11:30 am	10:30 am – 11:30 am
Location:	Zoom	
Questions:	Call 650-721-8500	
Website:	www.stanfordhealthcare.org/nscp	

The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all patients regardless of where they receive their care.