

# BalletActive Sofa 2 Studio

A three-week challenge  
Limited Mobility



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

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