

TAKE A S.E.A.T!

Welcome to the **ALL NEW**
Supported Exercise
for Ageless Training!



You'll Want To Sit Down For This!

S.E.A.T. (Supported Exercise for Ageless Training) is an evidence-based, chair-assisted, functional fitness workout incorporating unique, pre-formatted choreography for a fun, socially engaging, total body low-impact workout.

Every S.E.A.T. Instructor Membership gets you immediate access to the latest S.E.A.T. release and so much more!

Included in your Membership:

- Quarterly Releases (every 3 months): Video, Music, Choreography Notes & Flashcards
- Includes complete digital & printable marketing (social media, emails, posters, videos, brochures, flyers, business cards & more)
- Private Facebook Group & Monthly Educational CEC Zoom Meeting
- Qualifies you to teach at health clubs, rec centers & retirement homes (this program does not require any club licensing)

Wow! Only

\$9.99/mo

**No Risk
Cancel Any Time**
Norm \$20/mo

S.E.A.T.
SUPPORTED EXERCISE FOR AGELESS TRAINING

SEATfitness.com
seat@scwfit.com
(847) 562-4020





S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING

\$100 OFF YOUR S.E.A.T. CERTIFICATION

Certification Includes:

- Full Course Manual
- Music, Video & Choreo Notes
- 7 CECs/CEUs
- No club license needed



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