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S.E.A.T. (Supported Exercise for Ageless Training) is a chair-based fitness program produced quarterly with videos, music, choreo notes, and marketing. This award-winning program boosts strength, balance, and flexibility through functional fitness. Perfect for active aging markets, S.E.A.T. provides instructors with a ready-made system to launch classes in clubs, senior centers, and retirement communities.



Sara Kooperman

Sara Kooperman, JD

CEO / Owner / Founder
SCW Fitness Education,
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