

Easymove Chair Aerobics

From *£3
per session

Our Easymove chair aerobics are gentle seated exercise classes that provide participants with the opportunity to stay active, strong and healthy.



Classes held at:

The Spital Pavilion, Castle Donington - Monday's 2pm-3pm (£3.75 per session)

Hugglescote Community Centre - Tuesday's 10am-11am (£2 per session)

Marlborough Square Methodist Church, Coalville - Wednesday's 11am-12noon (£3.50 per session)

Brown Court, Ashby - Friday's 2.15pm-3.15pm (£3 per session)

Measham Leisure Centre - Tuesday's 11.30am-12.30pm (£3 per session)

Charles Booth Centre, Thringstone - Tuesday's, 1.30pm-2.30pm (£3 per session)

For more information: Melanie Hall e: melanie.hall@nwleicestershire.gov.uk t: 01530 454839

