

Easymove Chair Aerobics

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

For all
abilities

Contact emily.rodbourne@nwleicestershire.gov.uk or
01530 454755



Moira Village Hall - Monday's 10am-11am £3 per session

Wakefield Court, Castle Donington (Sheltered accommodation) - Monday's 1pm-2pm Free session

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

Hugglescote Community Centre - Tuesday's 10am-11am £2 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

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

Castle Donington Methodist Church - Thursday 10.30am-11.30am £3 per session

Ibstock Palace Community Centre - Friday 11.45am-12.45pm £3 per session

Hood Court, Ashby (Sheltered accommodation) - Friday's 1pm-2pm Free session

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

