



Over 50s Seated Exercise to Music

Our seated exercise classes give you the opportunity to be active at your own pace in a relaxed environment. A chance to mobilise your joints, increase your strength and socialise. It involves a mix of seated aerobics, strength exercises and balance (optional) to suit you. Your body, your call, come and give it a go.

**Mondays: 2pm-3pm
Beginning 9th January
Location: Thringstone Miners Social Centre
Cost: £2**

**For more information, please contact:
jenny.gaunt@nwleicestershire.gov.uk or call
07970454477**



At the Heart of Our Community at the Heart of the National Forest

Registered Charity 1166944

