

Stretch and Strengthen

These classes provide participants with the opportunity to take part in gentle seated exercise whilst meeting some new people. The benefits include increased flexibility, strength and balance, which all help to improve everyday living.

£3 per session



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

Starting 25th July 2019:

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

For more information and to book contact Emily Rodbourne on 01530 454755 or email emily.rodbourne@nwleicestershire.gov.uk

