

KEEP ACTIVE MOVE MORE EXERCISE CLASSES

MONDAYS

12.50pm - 1.50pm THE BROADWAY CENTRE, SANDOWN
2pm - 3pm THE BROADWAY CENTRE, SANDOWN
3.10pm - 4.10pm THE BROADWAY CENTRE, SANDOWN

TUESDAYS

11.20am - 12.20pm BINSTEAD COMMUNITY CENTRE

WEDNESDAYS

9.45am - 10.45am WHIPPINGHAM COMMUNITY CENTRE
11am - NOON WHIPPINGHAM COMMUNITY CENTRE
12.15pm - 1.15pm WHIPPINGHAM COMMUNITY CENTRE
1.30pm - 2.30pm WHIPPINGHAM COMMUNITY CENTRE
4pm - 5pm WHIPPINGHAM COMMUNITY CENTRE

THURSDAYS

9.20am - 10.20am SEAGROVE PAVILION, SEAVIEW
NOON - 1pm GURNARD VILLAGE HALL, WORSLEY ROAD, GURNARD

FRIDAYS

10.10am - 11.10am ARRETON VILLAGE HALL, MAIN ROAD, ARRETON

A WORK AT YOUR OWN PACE PROGRAM DESIGNED TO KEEP YOU ACTIVE, IMPROVE STAMINA AND GENERAL FITNESS WITH A VARIETY OF AEROBIC, RESISTANCE AND BALANCE EXERCISES. SESSIONS ARE OPEN TO ANYONE WANTING TO INCREASE THEIR ACTIVITY LEVELS THAT WILL THEN HELP THEM TO STAY ACTIVE AND MOVE MORE.

SESSIONS ARE LED BY ANDY SAVAGE A TRAINED LEVEL 4 EXERCISE SPECIALIST IN CHRONIC RESPIRATORY CONDITIONS, CANCER REHABILITATION AND PSI FALLS PREVENTION. SINCE 2011 ANDY HAS WORKED WITH THOSE MANAGING LONG TERM CONDITIONS INCLUDING PARKINSON'S AND MULTIPLE SCLEROSIS.

SEE IMPROVEMENTS OVER A FEW WEEKS AND THEN ENJOY YOUR WEEKLY OPPORTUNITY TO KEEP ACTIVE AND MOVE MORE.

CALL FOR FURTHER DETAILS AND TO ENROL ON YOUR INITIAL 5 SESSIONS

CONTACT: ANDY SAVAGE: 01983 810932 / 07779 616189

COST: £40 FOR 5 SESSIONS

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