



TUESDAY 10-11AM

MOVE IT OR LOSE IT!

QUALIFIED INSTRUCTOR

Join our fun gentle exercise class to music for the over 50's and less able of all ages, targeting balance, mobility, strength & finish off with relaxation. A variety of seated & standing with or without support (optional) exercise routines. You will soon notice a difference in your health, movement & confidence - you will have some fun too & make new friends!

Healthy Heart Balance Mobility Fun
Feel Good Mobility Mental Health
Loss Weight Music Socialise Healthy Bones
Relaxation

**MOVE IT OR LOSE
IT QUALIFIED
INSTRUCTOR**

**Strength, Balance
& Chair Aerobics
gentle exercise!**

**Try the first class
for FREE !**

**Every Tuesday
10-11am £2 (First
free)**

**Also suitable for
wheelchair users
& any limited
mobility**

**FARLEY PARK
COMMUNITY CENTRE
WHITEHALL ROAD
WEST BROMWICH
B70 0HJ
SABA 07963577299**