



Kingfisher Leisure Centre

Chair Based Exercise Classes

Initial 10 Week Course starts

THURSDAY 20th JANUARY 2011; 2pm – 3pm

£2.50 per session or £20 for 10 weeks!

As the name suggests; you can exercise whilst sitting in a chair, so the classes are suitable for all. You don't need to wear 'lycra', or 'sports clothing' – simply turn up in what you normally wear!

The exercises involve stretches and movement which help to strengthen your arm and leg muscles. This can improve balance, joint flexibility and posture. Studies show that regular exercise of this type can reduce blood pressure, amongst many other benefits!

[Call 01787 375656 for further information, or to book](tel:01787375656)

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