

Getting started with POSITIVE STEPS EXERCISE SESSIONS

Fun, friendly, small group exercise sessions for 60+

Exercising is crucial to help you stay independent and in good health as you age. Our Positive Steps exercise classes are specifically designed for men and ladies who are pro-active about taking care of their bodies and staying physically well as they age.

- Exercise safely under guidance and supervision of our Therapy Team
- Improve your confidence and feeling of wellbeing
- Enjoy a fun, social and supportive exercise experience

What do the sessions involve?

Each weekly session consists of:

- A 45 minute small group class
- Includes a gentle warm up, 35 minutes of circuit based exercises and a drink break!
- A range of different exercises targeted to improve fitness, strength, flexibility, mobility, posture and balance
- Education, advice and support to help you learn more about exercising as you age
- Flexible booking - book in advance or on a weekly basis

There is a maximum of 6 people per session, so you are well supervised and have the benefit of being both well supported and progressed and enjoying exercising with other people. The sessions are fun and social!

It may sound a little daunting if you haven't exercised in a while or aren't used to exercising; but don't worry! You won't have to do anything you aren't comfortable doing. We start slowly and you'll be surprised at what you can do in time!

Choice of 4 classes a week
Wednesday 11am & 12pm, Thursday 10am & 11am

Try Your First Class for FREE!

£15 a class or £135 for 10 classes

Speak to reception to book your class or give us a call



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