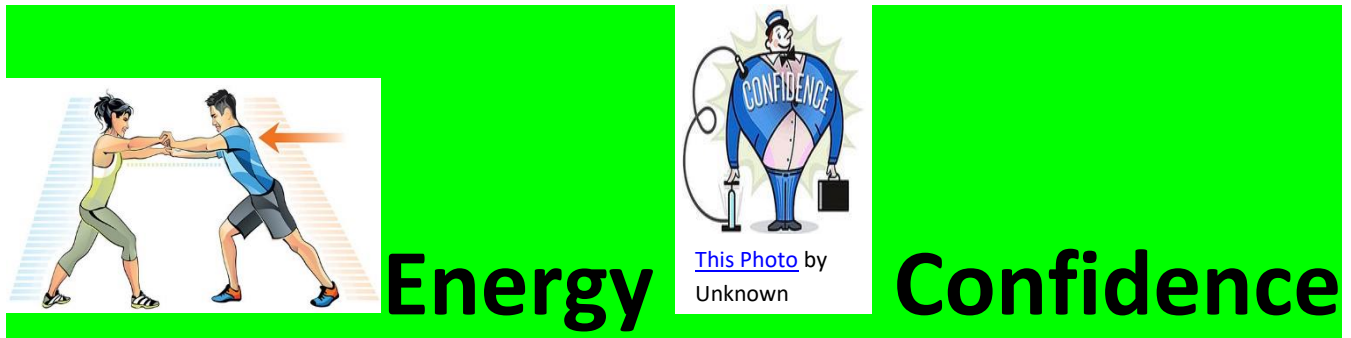


# Sit and be Fit Classes



All sessions to Music and tailored to the group, it's not competitive, just fun and good for you!! **Come along and try it !!**

Beckingham Village Hall – Thursday 9.30-10.30 (£5.00)

(Or individual sessions in your own home £25)

**Starts Thursday 19<sup>th</sup> July**

**Every Thursday Morning**

All sessions run by Dave a – **Qualified Personal trainer** - chair based exercises (don't be fooled – you will still work out), it's a good group of people who meet for the exercise and social event. The exercises are tailored for Low Impact routines (older style music) that focus on improving mobility, posture, balance. We start with a gentle warm up and then have a routine for each muscle / joint group. Dave the trainer will ALSO help with nutritional advice. Dave joins in and demonstrates each movement which fits to the music rhythm.

It's a fun session, there's lots of chat and discussions, lots of banter and laughs – beware though its still a good workout – the sessions will improve your mobility, your movement and flexibility whilst helping with shape and fitness.

Call Dave 07779956467 or just drop in for a warm welcome

