



FIT FOR ALL

EXERCISE CLASSES & PERSONAL TRAINING

Exercise classes that cater for all ages and abilities.

Monday & Thursday evening
7:00 to 8:00, Shotley School.

Wednesday morning
9:30, Chelmondiston village hall.

CARDIO VASCULAR exercise, for a healthy heart and lungs.
IMPACT exercise, to help increase bone density and reduce the risk of osteoporosis.

RESISTANCE exercises, to tone muscles and strengthen bones.

FUNCTIONAL exercises, to help the body to cope with everyday activities.

CORE STABILITY exercises, to increase the sense of balance, strengthen and protect the spine and improve the posture.

CORE STRENGTH exercises, to tone the waist, strengthen and protect the spine and improve the posture.

£5 per class.

Sessions in your own home. On a one to one or shared basis. Get more from your workout.

Why not share a session with a friend.

Individual assessments for a prescription exercise programme, your exercise programme will be tailored for your individual needs.

Correct muscle imbalances;

Improve posture;

Alleviate back pain and other chronic pain syndromes.

£25 for a one to one session.
Prices vary on a shared basis.

Contact Amanda on
01473 788650 or 07917 683484