



Chair Based Exercise

Would you like to improve your balance?

Have you recently had a fall?

Would you like to strengthen your muscles?

Would you like to improve your co-ordination?

Then come join us in person or via Zoom for a chair-based exercise class, hosted by a fully qualified fitness instructor, which is based on full body strength and mobility exercises to help improve your everyday living.

Admission is £2.50. First session is free.
Over 60s only.

Every Friday 10am – 11am
Excluding Bank Holidays

Located at The Annie Chapple Centre, Aspen Court, Cleethorpes DN350SJ. For more information call us on 01472 602500

