

Exercise

Led by Gillian Walton, our Chair-based exercise group will be on a Monday morning in the Catholic Church hall at 10.30.

The activities will include seated exercises and standing work done with a chair but no star jumps. Lycra is optional.

Though chair-based, this is not entirely a seated class. Several exercises are done standing but with an option to remain seated. The emphasis is on exercising safely in order to maintain as much mobility and independence as possible for each individual. There are neither age nor ability limits. All are welcome. We exercise to a wide range of music which helps keep the energy flowing and adds to the enjoyment.

This group is often full but it's worth making enquiries.