



Strength & Balance Classes

Take your first steps to better health

- Designed for individuals wanting to improve their **strength** and **balance** whilst learning new exercises to maintain **independence**.
- Suitable for those who **haven't exercised before** or experienced a decline in their physical ability.
- Exercise at your own pace in a **positive environment** and meet others in **your community** who are at a similar ability level.



One hour classes



Mixture of seated and
standing exercises



Free of charge



Bring some water to
stay hydrated



Wear suitable shoes
and clothing



Knowledgeable instructors
on hand to support

Monday
2:30 - 3:30pm
(All Abilities)

Wednesday
9:00am - 10:00am
(All Abilities)

Bedwell Community Centre

Bedwell Crescent, Stevenage, SG1 1NA

For more information, email

community@stevenagefcf.com

To book, call Carol on

07929 008923



Please bring a mat or towel for advanced classes

