



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

Day: Wednesdays
Time: 9.30am - 10:30am
All Abilities

Fairlands Valley Park

Six Hills Way, Stevenage, SG2 0BL

For more information, email

community@stevenagefcf.com

To book please call Carol:

07929 008923

