

**£60 for 12
weeks!**

Just £5 per week,
includes specialist
class followed by
sauna, steam and
swim.

MOVEMENT AS MEDICINE

NEW for 2026 Postural Stability Instruction (PSI) Class

Boost your balance, strength, and confidence with a PSI class! Stay steady on your feet, reduce your risk of falls, and enjoy moving safely every day. Plus, meet others, stay motivated, and feel your best in a fun, supportive environment.

**Start date Tuesday 14th May
12- 1pm**

Location:

**Albany Leisure Centre,
505 Hertford road,
Enfield, EN3 5XH**

Movement as Medicine makes exercise simple and empowering, managing long-term conditions like diabetes, high blood pressure, high cholesterol, and osteopenia.




**Booking is essential and acceptance onto the course
is subject to meeting criteria**

Call 0208 375 4120 or scan the QR code




SCAN HERE

**Please note 'BETTER' members still need to book and meet criteria to be enrolled.
This course is chargeable and must be paid before the start date.**



It made me more committed (by attending a course) and I enjoyed meeting new people.



At first I lacked confidence and worried about the gym which didn't seem a natural environment for a 76 year old with mobility issues but Jo helped me to feel that we all had every right to be there and work at our own level.

Movement as Medicine Presents A 12 week PSI Class

Build confidence. Improve health. Feel stronger.


What's included.

- Small-group training with expert PSI (Postural Stability Instructor) guidance
- A welcoming, beginner-friendly environment
- Exercises are evidence-based and target balance, strength, and functional movement.
- Classes are clinically proven and specifically designed to prevent falls.
- Use of the Sauna, Steam and Swim after each session.
- Early access to our Gaitsmart introductory offer of £10 for one test.

How can these classes help you?

Improve your balance
Reduce the risk of falls
Build strength
Improve posture
Increase confidence
Support independence
Boost wellbeing

**Take the first step toward a healthier, more confident you —
contact us today to book your place!**



Initially I was quite surprised that I joined and stayed as the way I feel about gyms it does feel very scary. I found it very welcoming with the instructor, the induction and the communication with program lead.

