

Strength & Balance

(Exercise Classes for Over 55's)

These free sessions are specially designed to help older adults to help you improve your wellbeing.

We want to help our local over 55's to become a little stronger and more mobile with this low impact exercise class, and help people maintain their independence.



Details & how to get involved

- Over 55's
 - Led by qualified coaches
 - Option to be chair based, standing or both
- Based at Mildmay Community Centre & The Arsenal Hub
- Long term medical conditions should be checked with GP beforehand

Contact Rhys to get started: rratcliffe@arsenal.co.uk or 07548 107576