Improving Strength and Balance

Improve your strength, balance, stamina and flexibility through seated and standing exercises using resistance bands and other apparatus

Improve stability and reduce the risk of falls as well as improve general fitness and well-being

Recieve support from our Strength and Balance Trainer and Active Age Coordinator to find other activites and classes that suit you

Starting Wednesday 24th April

Wednesday 1.30-2.30pm £4

The Linskill Centre, Linskill Terrace, North Shields, NE30 2AY

To book your place call: 0191 287 7027