

Stay stronger for longer to keep doing the things you love

Join our new strength and balance classes for older adults!

Improve balance

Improve confidence

Have fun while staying active

Stay independent and mobile

**NEW
CLASS**

- All equipment provided
- Take-home exercises for extra practice
- Adaptable exercises, seated or standing
- One-hour, expert-led classes tailored to your needs
- Stay for a cup of tea and a chat after the class to connect with others



**Try your first
class for free!**

FRESHWATER

 Fridays from 4 July 2025

 2pm to 3pm

 £7.90 per session

 01983 752168

 West Wight Sports Centre
Moa Place, Freshwater PO40 9XH