

# Strength & Balance Classes

Take your first steps to better health

- Designed for individuals wanting to improve their **strength** and **balance** while learning new exercises to maintain **independence**.
- Suitable for those who **haven't exercised before** or are experiencing 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 standing  
and seated exercises



FREE



Bring some water to  
stay hydrated!



Wear suitable shoes  
and clothing



15 minutes before and  
after to ask questions

Every Thursday

10am - 11am (Beginner - Advance)

**Rosedale Community Centre**

Andrews Lane, Cheshunt, Waltham Cross, EN7 6LB

For more info, email

[community@stevenagefcf.com](mailto:community@stevenagefcf.com)

To book, call Rachael on

**07734935190**



Live  
Longer  
Better.  
in Hertfordshire



Please bring a mat or towel if attending  
the Intermediate/Advanced Class