



Strength & Balance Classes

Take your first steps to better health

- Designed for individuals wanting to improve their **strength** and **balance** whilst learning new exercises to maintain **independence**.
- Suitable for those who **haven't exercised before** or experienced 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.



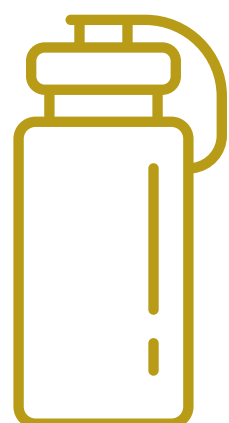
One hour classes



CHAIR BASED ONLY
CLASS



Free of charge



Bring some water to
stay hydrated



Wear suitable shoes
and clothing



Knowledgeable instructors
on hand to support

Day: Thursdays

Times: 11:30am - 12:30pm

CHAIR BASED ONLY CLASS

The Imperial Club

Eleanor Cross Road, Waltham Cross, EN8 7LA

For more information, email

community@stevenagefc.com

To book, call us on:

01438 222 222

