

Gentle exercise classes that strengthen joints and muscles, improve balance and mobility.

Day	Time	Venue	Where	Level*
Monday	11am-12pm	Rochdale Leisure Centre	Sports Hall	3
Monday	1.30pm-2.30pm	Middleton Arena	Dance Studio	2
Tuesday	10am-11am	Middleton Arena	Sports Hall	3
Tuesday	11am-12pm	Heywood Sports Village	Sports Hall	3
Wednesday	2.30pm-3.30pm	Rochdale Leisure Centre	Dance Studio	2
Thursday	10.15am-11.15am	Middleton Arena	Sports Hall	3
Thursday	10.30am-11.30am	Heywood Sports Village	Sports Hall	3
Friday	11am-12pm	Rochdale Leisure Centre	Sports Hall	3

* Classes to suit all levels of fitness from Gentle Level 2 up to Level 3.

Water, Tea and Coffee available after each session.

For further information, please contact:

Paul Gardner

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**FREE
TO MEMBERS
£3 PER SESSION***
(£2.50 WITH A LINK4LIFE
EXTRA CARD)

**Dementia
friendly**

