

West Glebe Pavilion

Active Ages Exercise Classes 2018

It is important that everyone looks after themselves and stays active into their later years. Exercise can help improve mobility, flexibility, maintain or lose body weight and reduce the onset or even prevent diseases like osteoporosis and arthritis. Regular exercise can also help with mental health issues, prevention of falls and probably most importantly, exercise classes can bring people together, help sustain and build new friendships in a fun and relaxed environment.

Here at West Glebe we run different classes for the 50+ where laughter is a must!



Chair Exercise

West Glebe Tuesday 10.30am -11.15am £3.50

A class where all the exercise activities are performed in a chair. People in wheelchairs or with limited mobility will find this class accessible and the right level for them, as well as those who are more able, as each individual can work at their own level.

Exercise to Music 50+

West Glebe Tuesday 11.30am– 12.30pm £3.50

West Glebe Friday 1.30pm – 2.30pm £3.50

These classes are for anyone who wants a class with a difference. The classes consist of a 25 minute warm-up, stretching and low impact aerobics (standing) section, then toning exercises and a varied programme of different fun activities, games or gentle sports.

“Steady Steps” Classes

West Glebe Wednesday 1.30 – 2.15pm £3.50

Starts 13th June 2018

2.15 – 3pm Tea, Coffee and a chat

A specialist fall prevention exercise programme for the older person, which will develop balance, strength and co-ordination and will help to improve the body's range of movement and function in day to day activities.

- Do you feel unsteady on your feet?
- Have you previously fallen or worry about falling?
- Would you like to improve your balance?



So don't sit at home, get out, get active, and come and join us!

West Glebe Pavilion
100 Cottingham Road
Corby, Northants NN17 1SZ
Tel: 01536 204217
www.corby.gov.uk

