



# Exercise Classes for Older People

Improve your balance, strength and flexibility



**Over 65? Want to get fitter, have some fun and enjoy new company?**

Chorlton Good Neighbours Care Group with support from Manchester Public Development Service, have set up exercise sessions for older people. Our aim is to help you improve your balance and co-ordination, increase your muscle strength and general flexibility and help prevent trips and falls. All the classes make use of small hand weights and stretch bands.



The classes are graded to suit all levels. You join in and work at your own pace, under the guidance of a well-qualified Instructor.

## Classes Available:

- **Monday afternoon 1:30-2:30pm with Instructor, Karen**  
Seated and standing exercises, simple movements to a variety of music for fairly mobile older people
- **Wednesday afternoon 1:30-2:30pm with Instructor, Josie**  
Slightly more vigorous class for older people, mixture of balance and cardio work, and some seated as well as standing work.
- **Friday morning 10:00-11:00pm with Instructor, Don**  
Seated exercise class for older people with more mobility difficulties. Some transport assistance available for this class



All classes are at Wilbraham St Ninians Church, Egerton Road South, Chorlton. The sessions are great fun. You will need to wear light clothing and flat shoes. Tea/coffee provided afterwards.



The cost of each class will be £2.00. Arrangements can be made for you to observe a class first if you like, and some transport assistance may be available for the Friday seated exercise session.

For more information; telephone Chorlton Good Neighbours Co-ordinator Helen Hibberd on 0161 881 2925 or email [helen@chorltongoodneighbours.org](mailto:helen@chorltongoodneighbours.org)