

Fitness programmes for older people

Join today!

- ✓ Access to a gym specially equipped to meet the exercise and activity needs of older people
- ✓ A qualified fitness instructor, experienced in working with older people
- ✓ Personalised training programmes to improve mobility and wellbeing

Exercise with Belong and be part of a happy healthy community

To find out more ask at reception or contact us on

01942 898410

PLUS...
...recommend
a friend and get
a month's **FREE**
membership!

