

# IMPROVE YOUR HEALTH AT ANY AGE

## 2 NEW EXERCISE CLASSES at RIPLEY VILLAGE HALL

### **PARACISE** - 9.45am every FRIDAY

**GENTLE ON YOUR JOINTS** yet effective, Paracise flows smoothly through movements designed to **improve posture, balance, mobility and flexibility**, whilst improving your muscle memory  
**Exercise to fabulous music** leaving you feeling refreshed and invigorated  
45 minutes and **no floor work** - **Grow young with Paracise**



### **WOBBLE** at 10.45am every FRIDAY

**STRENGTH AND BALANCE/FALLS PREVENTION** - It starts and ends in a chair. There are also optional standing elements. Inactivity, ageing, illness or injury can result in loss of functional ability  
Wobble focuses on exercises that help to **improve strength, mobility and confidence**,  
**Moving to music** in a friendly environment puts you at ease and can help to make life easier.



**EVERYONE WELCOME** - First Class is FREE then £8

Call DIANA on **07850 779482** E: [diana@fitness50.co.uk](mailto:diana@fitness50.co.uk)