

# Chair-based exercise class

Designed for those who find floor-to-standing transitions challenging and want to boost mobility.

Join our friendly group for some social interaction and a bit of fun to brighten your day.

A great playlist of songs you can sing along to, giving you a boost to your mood and overall well-being.



## Why Join Us?

- A warm and welcoming environment
- Supportive and friendly instructor
- A chance to meet new friends

- **When:** Every **TUESDAY** - 11am til noon

- **Where:** Ackworth Parish Rooms (above Ackworth Library)

## **Contact Information:**

Feel free to call me on 07799898937 or email me at [jaynelouisecollins@hotmail.co.uk](mailto:jaynelouisecollins@hotmail.co.uk).