



## Would you like to improve your mobility, strength & independence?



Join a friendly exercise class for older adults which can be done seated or standing, so everyone is welcome. Ladies and gents!

**Fridays 10.30am - 11.30am**

**Calverton Village Hall**

£5.00 per session

*Try your first session for free*

As seen on TV –  
How to Stay Young (2016)

Contact your FABS  
Instructor: Julie Rose

0115 841 0319

07985 205769

**Other fitness classes, £5.00 per session:**

***Try your first session for free***

**Stretch & Tone** Using bodyweight exercises and resistance bands to improve your flexibility, balance, and strength.

Tuesdays 6.15pm-7.15pm Calverton Village Hall - **Starts 6<sup>th</sup> Feb**

Thursdays 6.15pm-7.15pm Oxtton Village Hall

Fridays 9.15am-10.15am Calverton Village Hall - **New start time from Feb**

*For Stretch & Tone and Metafit Plus, please bring your exercise mat if you have one.*

**Metafit Plus** Core strength & stability section followed by Metafit, a HIIT (High Intensity Interval Training) metabolic workout. Exercises can be made low impact!

Tuesdays 7.30pm-8.30pm - Calverton Village Hall – **Starts 6<sup>th</sup> Feb**

Thursdays 7.30pm-8.30pm - Oxtton Village Hall

**Contact Julie for more information:  
07985 205769 or visit [www.rosefit.co.uk](http://www.rosefit.co.uk)  
for more information and to download a PAR-Q**

