

Chair Exercise Class with Zoe Neal



Each exercise session will commence at 2.30pm for 1 hour. Please arrive promptly for the sessions and earlier to complete registration forms and ask any questions.

On dates when Zoe or colleagues will give further information, we shall extend the session with the talks at 3.30pm with a cuppa and a biscuit.

Please wear comfy clothes and bring a bottle of water with you.

12 WEEK PLAN:

Week	Date	
1	3 rd July 24	Introduction
2	10 th July 24	Anna Bright – social
3	17 th July 24	Benefit of Exercise
4	24 th July 24	
5	31 st July 24	
6	7 th August 24	Falls prevention
7	14 th August 24	
8	21 st August 24	
9	28 th August 24	Healthy Bones
10	4 th September 24	
11	11 th September 24	
12	18 th September 24	Feedback

