

MOOVERS & GROOVERS

Chair Exercise Class

Being active can help to strengthen muscles, bones and joints and improve your overall wellbeing.

Our chair based exercise classes are fun, low-level activity sessions which you will feel able to join in with whatever your fitness level or ability and which take into account any side effects of medical conditions.

Sessions take place every Monday 10.00 am — 11.30 noon. Followed by refreshments!

No need to book, just come along!



For more information call 01429 271275

Monday to Thursday 9:00am to 4.00pm

Friday 9.00 am to 1.00 pm

West View Advice & Resource Centre

**The Community Centre
Miers Avenue,
Hartlepool, TS24 9JQ**

**West View Advice
& Resource Centre Ltd**



Serving the Community