

Healthy Lifestyles

Group Exercise Classes

Aimed at those working at a **LOW MOBILITY level** – if that is down to **age**, an **injury** or **health issue**, this will give you the stepping stone to enhance your current fitness state within a safe and social environment .

All classes are delivered in a warm, comfortable sociable open space within the Woodrush Community Hub and Rush Active Gym/Studio.

Monday

12:30pm-1:15pm

All Round Fitness

Low impact Aerobic routines combined with stretches and toning actions, to give an all-over workout.

Tuesday

12:30pm-1:15pm

Chair Based Exercise

Work, stretch and tone your arms, back, tummy and legs without placing pressure on the joints.

Thursday

1:30pm-2:45pm

Centre Social

An afternoon for those who want to socialise in a safe and comfortable environment , undertake a range of activities and projects whilst meeting new people.

Table Tennis . Pool Tables . Crafts . Song & Dance . Community Projects

Lunch Offers Available



New space. New gym. New you.

Healthy Lifestyles

Attend **ANY**
Fitness Friendlies Session
for **ONLY £5.50**

Inc. Free Refreshments of Tea and
Biscuits

OR

**12month
Membership**

Off Peak £18.50 per month
Mon -Fri 10:00am-3:00pm

Peak £21.00 per month
Anytime

Includes:

Full Access to ALL Fitness Friendlies
Classes

Full Access to Fitness Gym Suite

Bookable Fitness Support

Fitness Class Timetable

Special Membership Offers

An Excellent **EXIT ROUTE** if
you have been part of, or due to be
part of our

**Activity Referral
Programme**

Please contact us, for more
information on our **Activity**

Referral Programme in conjunction
with **Bromsgrove District Council**
Healthy Horizons



For Prices, Bookings or more details,
Please speak to Woodrush Community Hub Front Desk