



**Intouch**

# Smooth Moving

## FREE Over 65 exercise classes

Are you over 65 and want to be more active?  
Join our fitness classes designed to include:

- Stretches to improve mobility
- Strength and resistance exercises
- Light cardio to increase movement
- Techniques for moving more at home

Sessions will run at  
**Swallows Leisure Centre**  
Starting this May  
Free for 12 weeks

These group classes are tailored for over 65s and can be adapted to your individual ability. Fun and informal sessions offer a chance to meet like-minded people and do some gentle exercise to improve your physical and mental wellbeing.



**Interested?**

Spaces are limited so  
register your interest now!

 Text 'Movement'  
to 07801 538 989

 Call 07801 538 989

 Email [Intouch@freshvisions.org.uk](mailto:Intouch@freshvisions.org.uk)

**SW&LE**  
COMMUNITY LEISURE

**serco**



**FRESH VISIONS**  
Changing Lives  
Transforming Futures