

# CHANGE FITNESS

Cornerstone House All In Fitness Non-competitive Group Exercise

GENTLE EXERCISE SESSIONS STARTING MARCH 2023

Sessions will be delivered in a welcoming, supportive & fun environment by fully qualified, insured and PVG checked instructor Martin, owner of local company All In Fitness



**This class is perfect for those:**

Looking to restart healthier habits at a gentle, measured pace

Ready to take that first tentative step into a healthier lifestyle

With limited mobility (the class can be done seated or standing)



**Book your place** by emailing us at [familyhub@cornerstone-house.org.uk](mailto:familyhub@cornerstone-house.org.uk)

**We will reply to confirm your place**

**Dates:** Monday 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> March

**Time:** 11:30 – 12:30

**Venue:** Cornerstone House Centre



Family Hub

