**\*\*\*Keep Fit Class\*\*\***

**Starts 28 February 2024**

**Then every Wednesday thereafter**

**6.00pm - 7.00pm**

**Neen Sollars Victory Hall**

**£3.00 per class**

Places limited, booking essential, call/txt Helen to book: 07738348289

Top benefits of taking part in this type of exercise:

1. Improved heart health;
2. Lowers blood pressure and cholesterol;
3. Helps regulate blood sugar;
4. Aids sleep;
5. Enhances your mood;
6. Regulates weight;
7. Strengthens immune system;
8. Improves brain power;
9. Reduces risk of falls; and

 Have some fun!!!!

Useful Information:

Keep Fit is a form of physical exercise that combines rhythmic moves to music to get fit, stay fit and get fitter!

Beginners most welcome.

Light to moderate intensity – always your choice.

No previous experience needed.

Please bring a drink, small gym or hand towel and wear good quality trainers.

Class comprises of:

* Warm up;
* Aerobic routine focusing on increasing heart rate;
* Body weight conditioning;
* Cool down.







