



COMMUNITY EXERCISE

AT LADYBROOK COMMUNITY CENTRE

LADYBROOK LANE, MANSFIELD, NG18 5JJ

TUESDAY

Session Type	Description	Time
Pilates Class	A low impact class focused on core strength, flexibility & posture. Suitable for all levels (please bring a mat if you have one)	10am–11am
Dance Exercise Class	A fun energetic class that combines easy dancy moves with a full body workout great for lifting mood and to make new friends.	11am–12pm
Low Impact Exercise Class	A gentle impact workout done seated or standing, designed to improve strength, balance & mobility. Perfect for all abilites.	12:30pm–1:15pm
Steady Steps & Fall Prevention	A gentle exercise class to help improve balance, strength and confidence–ideal for preventing falls and staying active	1:15pm–2pm

Come along and give it a go or for more info, please WhatsApp Valentina on 07828 778676 or call our Help at Hand team on 07923 664504

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