

# SENIORS KEEP FIT



## Fleckney Sports Centre

Want to keep active and improve your fitness in a fun and enjoyable session ? - then come along to a Glen Sports seniors keep fit session. Low impact exercises. All fitness levels catered for.

**Monday 10am-11am - £5**

**Tuesday 10am-11am - £5**

Classes held at Fleckney Sports Centre, Leicester Rd, Fleckney, LE8 8BG.

### Typical session

- warm up and stretches
- light weight work,
- exercise band work
- light aerobic work
- cool down and stretches
- all done to music

### Covid Secure

- Class size limited
- work in your own dedicated area
- no sharing of equipment

### Need more information

- contact David Ball, qualified circuit training coach, fully insured and CIMSPA registered
- phone 0787 6500 178
- EMAIL [glensports25@gmail.com](mailto:glensports25@gmail.com)
- WEBSITE [www.glensports.com](http://www.glensports.com)

### Not very active now ?

- work at your own pace
- become more active
- improve fitness
- improve strength
- make new friends

### Already exercising ?

- get more from your workout
- improve health & fitness
- complete new challenges
- gain pride in achievement

# SENIORS KEEP FIT



## Fleckney Sports Centre

Want to keep active and improve your fitness in a fun and enjoyable session ? - then come along to a Glen Sports adult keep fit session. All ages and fitness levels catered for.

**Monday 10am-11am - £5**

**Tuesday 10am-11am - £5**

Classes held at Fleckney Sports Centre, Leicester Rd, Fleckney, LE8 8BG.

### Typical session

- warm up and stretches
- light weight work
- exercise band work
- light aerobic work
- cool down and stretches
- all done to music

### Covid Secure

- Class size limited
- work in your own dedicated area
- no sharing of equipment

### Need more information

- contact David Ball
- phone 0787 6500 178
- EMAIL [glensports25@gmail.com](mailto:glensports25@gmail.com)
- WEBSITE [www.glensports.com](http://www.glensports.com)

### Not very active now ?

- work at your own pace
- become more active
- improve fitness
- improve strength
- make new friends

### Already exercising ?

- get more from your workout
- improve health & fitness
- complete new challenges
- gain pride in achievement