



Prevention Treatment Performance

Later Life fitness classes

An exercise class aimed at keeping you “Fit for later life” led by a later life trained physiotherapist. The classes are in blocks of 6 weeks, with classes kept small to allow close supervision and a bespoke programme for each participant. We will identify areas that you need to target whilst working on general strength, flexibility, core stability, breathing control, balance and endurance. Our physiotherapist can answer individual questions as well as provide general tips e.g. on how to easily get up from the floor.

Tuesday and Friday Time: 10am to 11am
Cost: 6 x 1-hour sessions at a cost of £60 per course.
Where: Festival Hall, Talbot Rd, Alderley Edge SK9 7HR.

Maximum of 8 people per session so that we can offer a bespoke group adapted to your needs.

Current course dates

25/7 or 28/7	1/8 or 4/8	8/8 or 11/8	15/8 or 18/8	22/8 or 25/8	29/8 or 1/9
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To book a place please contact Physiofit Ltd on 01625 590444 or email us at info@physiofit.co.uk
If you are unable to attend at these times do let us know so we can try and arrange alternate times.

Should you feel that you would like or require more support as you recover from an injury or ill health please get in touch.

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Prevention Treatment Performance
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