



**OUR COMMUNITY**

**SENIOR (60+)  
MOVEMENT SESSIONS**

**WEDNESDAY 11.45am**

**CALL NOW TO BOOK  
YOUR PLACE 01480 219272**

**ONLY  
£5  
PER SESSION**

**19 Little End Rd, Eaton Socon, St Neots PE19 8JH**



Call Us Today! 01480 219272 | [www.realfitcentre.co.uk](http://www.realfitcentre.co.uk)



## Senior (60+) Movement sessions

This year is one where we are going to be expanding who we help and using our experience to help those that really need it. We talk a lot about the benefit of regular exercise for our clients but one group this is essential for is those over 60. People are living longer and want to enjoy their longer lives so we want to help that by making sure they can move well and feel confident to take part in whatever they want.

This March in St Neots we will be launching our first Senior Movement sessions which will start with 1 session per week working with those over 60 and getting them fitter, stronger, healthier and more mobile with session designed specifically to develop at a suitable pace.

This is the first in Realfit's project to reach groups we think we can help by offering expert guidance through exercise.

**£5 per session paid monthly**

**½ hour Sessions are Wednesday @ 11.45am**

**Limited to only 8 people per session**

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