

REALFIT
RISELEY



OUR COMMUNITY

**SENIOR (65+)
MOVEMENT SESSIONS**

STARTING FROM 1st FEBRUARY 2019



CALL US NOW TO
SECURE YOUR PLACE.

ONLY
£5
PER SESSION

The Garage, High Street, Riseley, Beds, MK44 1DR

Call Us Today! 07864 364037 | www.realfitcentre.co.uk





REALFIT RISELEY

Senior (65+) 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 65. 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 Feb in Riseley we will be launching our first Senior Movement sessions which will start with 1 session per week working with those over 65 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 Monday or Wednesday @ 11.45am

Limited to only 8 people per session

The Garage, High Street, Riseley, Beds, MK44 1DR

Call Us Today! 07864 364037 | www.realfitcentre.co.uk

