



Get Active...
East Hampshire

Chairrobics

Chairrobics sessions provide seated exercise in a fun, enjoyable and sociable way to increase your physical activity levels.

The sessions include functional movement to music that aims to improve your strength, flexibility and mobility which will lead to improved health and wellbeing.

You can choose to remain seated throughout the class or progress to standing exercise once your confidence has increased.

**The best way to find out more is to...
Give it a go!**

"We have a laugh and know it's very good for us, but more than anything we love getting together and socialising with different people. Our instructor is wonderful and our Chairrobics class is one of the highlights of our week."

"After being diagnosed with Rheumatoid Arthritis I had trouble moving, bending and walking. The class has helped me get around more easily - I don't know what I would do without it."

"At 80 years of age I find the exercises a great help with my mobility and look forward to it every week, and the friendship it gives me."



**ACCESSIBLE
FOR
ALL**

For more information, please contact the
Active Lifestyles Coordinator,
East Hampshire District Council

01730 234067

www.getactivenow.org.uk



**Improve your
mobility and balance.
Meet new people and
have some fun!**

Chairobics Weekly Schedule

Day	Time	Where	Venue	Instructor	Contact	Details
Monday	10.00-11.00am	Horndean	Drum Housing Causeway Farm, Lyne Place	Terri	023 9224 1764	£3 per session
Monday	11.30-12.15pm	Alton	Inwood Court High Street	Simon	07738 0737884	£2 residents £2.50 non-residents
Tuesday	11.30am-12.30pm	Bordon	Shaftesbury Court Forest Road, Bordon	Maddie	Silvia 01420 477866	£2.50 residents £3 non-residents
Tuesday	10.30-11.15am	Liss	Drum Housing Rother House, Hillbrow Road	Patricia	01730 893446	£2 per session
Tuesday	11.00-12noon Fortnightly	Alton	Alton Maltings	Fiona	Bernie 01420 472556	£3/Voluntary contribution MS group. All welcome
Wednesday	10.30-11.15am	Petersfield	Drum Housing Siward House, Borough Road	Patricia	01730 893446	£2 per session
Wednesday	11.10-11.50am	Alton	Drum Housing, Orchard House Opposite Police station	Karen	01428 723527	£2.25 residents £3.75 non residents
Wednesday	12.15-1.00pm Fortnightly	Petersfield	Taro Leisure Centre	Anne or Patricia	Angie 02392 422341	£3/Voluntary contribution MS group. All welcome
Thursday	2.00-3.00pm	Rowlands Castle	Church on the green	Terri	023 9224 1764	£3 per session



"After a hip replacement I had problems with mobility and balance and was reliant on a walking stick. A few sessions at the Chairobics class I have been able to dispense with the stick all together!"

For more information about how to keep active take a look at our website www.getactivenow.org.uk

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