



# Forever Fit & Senior Strong

**Strength, balance & fitness classes for over 50s**

**Forever Fit & Senior Strong** with Health Life Fitness are fitness classes for older adults who want to maintain or improve areas of their functional fitness such as strength, balance, mobility & flexibility.

The Forever Fit class is more suitable for beginners or those with lower fitness levels, with Senior Strong aimed for people with slightly higher fitness levels. Please contact us for more details and suitability.

## **Some of the main aims and benefits of these classes include:**

- Reducing the risks of falling or developing health problems
- Having better overall fitness, strength, balance and energy
- Staying healthier and independent in older age
- Having a better quality of life & being able to do things you enjoy

Run by a qualified fitness instructor in a friendly and supportive environment, they are also great for socialising & meeting new people.

## **Costs**

£5 per session

## **Forever Fit & Senior Strong locations, days and times**

Please take one of our timetables, or go to our website to see our latest timetable of when and where the classes are running.



**Health Life Fitness** (also known as HLF) is a local specialist lifestyle organisation that offers a range of services in a friendly supportive environment to help you reach your health, fitness and weight management goals.

Whether you're looking to stay functional in older age, improve your strength and fitness, manage your weight, make some lifestyle changes or improve your diabetes, we have a range of classes and programmes to help you reach your goals including:

- Weight management programmes
- Functional fitness classes for older people (such as strength, balance and mobility)
- Health & fitness classes for people with pre-diabetes and type 2 diabetes
- Adult functional fitness classes
- Lifestyle informational talks

If you would like more information on any of our classes or programmes, please contact us to arrange a chat and see how we can help you.

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