



Our services

Classes & Programme overview

Forever Fit Over 50s fitness, strength & balance classes	Suitable for those who are new to exercise or haven't exercised in a while, find it difficult to get up and down from the floor, and have low to moderate strength, balance and fitness levels.
Senior Strong Over 50s fitness, strength & balance classes	Suitable for those who are already fairly active, have average to good strength, balance and fitness levels plus can get up and down from the floor without difficulty.
Body Shape 12 week weight management programme	A combined weight management, fitness & lifestyle programme to help you create new habits, make lifestyle changes, lose body fat, change your body shape, be fitter and maintain a healthy body weight.
Beating Diabetes Fitness & lifestyle classes	A health & fitness lifestyle programme for people with pre-diabetes and type 2 diabetes involving exercise, education and support to help them manage or improve their diabetes while getting fitter.

Please contact us for more details, or to book onto a class or programme.

07306 334222 - ian@healthlifefitness.org - or use QR code



Health Life Fitness: Class & Programme Timetable - April to June

Class name	Day & time	Venue	Cost
Forever Fit Over 50s class	Monday 14:30 – 15:30	Abbeydale Community Centre, Glevum Way, Gloucester, GL4 4BL	£5 per session
Forever Fit Over 50s class	Friday 10:00 – 11:00	The Pavilion, Upton St Leonards, Gloucester, GL4 8AD	£5 per session
Senior Strong Over 50s class	Monday 14:30 – 15:30	Abbeydale Community Centre, Glevum Way, Gloucester, GL4 4BL	£5 per session
Beating Diabetes Health & Fitness Programme	<i>Coming soon</i>	<i>Contact us for more details or to register your interest about attending. Details on other side.</i>	£5 per session
Body Shape Weight management Programme	<i>Coming soon</i>	<i>Contact us for more details or to register your interest about attending. Details on other side.</i>	£6 weekly £30 for 6 weeks £54 for 12 weeks