

# Strength & Balance Classes

Take your first steps to better health

- Designed for individuals wanting to improve their **strength** and **balance** while learning new exercises to maintain **independence**.
- Suitable for those who **haven't exercised before** or are experiencing a decline in their physical ability.
- Exercise at your own pace in a **positive environment** and meet others in **your community** who are at a similar ability level.



45 mins - 1 hour  
classes



Mixture of standing  
and seated exercises



£3 per session



Bring some water to  
stay hydrated!



Wear suitable shoes  
and clothing



Knowledgeable  
Instructor on hand to  
answer questions

## Beginner/Intermediate:

Every Friday (starting 16th July)

11:45am-12:30pm

Limited disabled parking  
No regular parking on site  
Please use local car parks/public transport

## Jubilee Centre

Catherine Street, St Albans  
AL3 5BU

For more info, email

[community@stevenagefcf.com](mailto:community@stevenagefcf.com)

To book, call Nicki on

**07984 928855**



Live  
Longer  
Better.  
in Hertfordshire