

# Healthy Hips amp Hearts Vhair Based Exercises (2 GBP)



Location **North, Cheshire**  
<https://www.freeadsz.co.uk/x-324039-z>



Healthy Hips and Hearts is Chair based exercises for people of all ability. They entail some stretches, seated exercises with some standing supported by chairs where needed. The sessions are designed to work the muscles used for everyday activities such as reaching for shelves, brushing your hair, picking up things from the floor, undoing jars, turning taps etc. There is no getting on the floor and no pressure to do any more than you can physically do. You decide how quick and for how long you join in each exercise. There is also tea, coffee and biscuits afterwards with approx 30-40 mins to chat and interact with other members. The fee covers the whole season. Wednesdays at Sale Leisure Centre 2.00 pm - 3



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