

EVERYONE BENEFITS FROM A BOOST



Is joint pain affecting your mobility?

Good Boost creates personalised exercise so you can move more, have fun and feel better.

- 1 Join one of our Good Boost classes (ask reception or book on the app)
- 2 Good Boost's technology creates an individually-tailored programme designed around your needs and preferences
- 3 You can follow the exercises at your own pace on a Good Boost tablet

PRICE:

£4.50 per session

SESSIONS:

Aqua – Monday 11.30
Aqua – Thursday 11.30
Anti-Natal – Saturday 12.00
Land – Wednesday 14.00

Please arrive 30 minutes early for your first session for registration.

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everyone
ACTIVE