

Strength & Stability

Tuesdays 12:45pm-1.45pm
Wednesdays 2:00pm-3.00pm

This exciting class is designed to help improve your balance, strengthen your core muscles, promote overall well-being, help you meet new people, and boost your confidence.

To book a place or find out more please call 01229 831425 or email jjoel@ageukbarrow.org.uk

Fab Health & Fitness, Unit C, Hollywood Park, Hindpool Road, Barrow-in-Furness, LA14 2NA

