

Strength & Stability

Beginners



Mondays 3:00pm-4:00pm

Supporting the Local Community

This group is specifically designed to improve your balance, strengthen core muscles, promote well-being, meet new people, and increase your confidence. This group is majority chair based.

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

