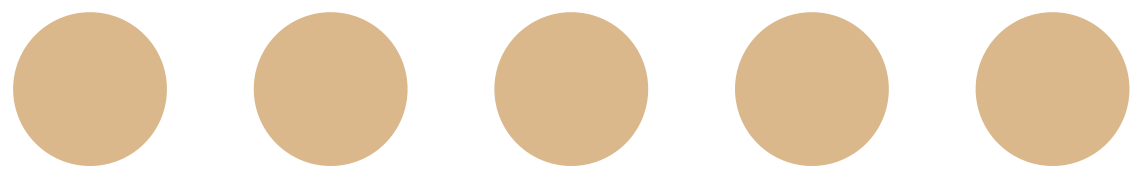


# SENIOR STRENGTH & BALANCE



**Thursday**

**3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> July**

**10.00am-11.00am**

**Cost £3.50**

Strength training as we age has many benefits, including an increase in bone density and muscle mass. This class will contribute to better balance and coordination, and reduce the risk of falls. Would be suitable for anyone looking to improve their strength, balance, and mobility.



For any other inquiries, contact the Leisure Centre at 01595 807704 or book online  
<https://www.srt.org.uk/centres/yell>