YELL LEISURE CENTRE

STRENGTH & BALANCE



Mondays

9.30am-10.30am

Cost £3.70

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

MORE4life Shetland more active, more often

Shetland Recreational Trust

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