

Activities

Wednesday's 11.00-12.00 Seated Exercise £3 with free cuppa

Wednesday's 1pm-2pm Dancercise £3

NEW !! Thursday's 1pm-2pm Melodic Movers **FREE**

At Roker URC, Side Cliff Rd Tel : 0191 549 322 for further details

Dancercise Exercise to music. Includes: Warm up, stretches, cool down and easy to follow Dance Routines with music from different decades.



Chair Exercises

Gentle Low impact Exercises ideal for people with long term health conditions.

Delivered to music and includes resistance bands and weights for strengthening and conditioning.

NEW!! Melodic Movers – Singing group with a difference. Sing whilst doing gentle Exercise & Movement in the chair. Great workout for the lungs and makes you feel great as releases feel good chemicals.

Melodic Movers is funded by SEEDbed.