

# BETTER BALANCE CLASSES IN THE COMMUNITY

Better Balance sessions are designed to improve your mobility and confidence and develop core strength and balance.

Delivered by instructors who are specifically qualified to help you develop your strength and balance, these sessions are perfect if you feel unsteady on your feet or are worried about falling.

## MOVEMENT CLASSES

Movement is just as important for us as we age as it is when we are younger but the type of movement we do might need to adapt as our bodies age with us.

The movement classes listed here are delivered by instructors who are trained to adapt exercises to your needs and abilities.

They've been coaching people like you for years and can't wait for you to join them.

# FIND OUT MORE ABOUT BEING ACTIVE AS YOU AGE

[www.ageuk.org.uk/information-advice/health-wellbeing/exercise](http://www.ageuk.org.uk/information-advice/health-wellbeing/exercise)

[www.livelongerbetter.uk](http://www.livelongerbetter.uk)

[www.ageing-better.org.uk/health](http://www.ageing-better.org.uk/health)

[www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-older-adults](http://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-older-adults)

Find more classes and ways to move on the Bucks Online Directory:  
[www.directory.buckinghamshire.gov.uk](http://www.directory.buckinghamshire.gov.uk)

## INSTRUCTOR WITH SESSIONS YOU'D LIKE INCLUDED?

Email [info@leapwithus.org.uk](mailto:info@leapwithus.org.uk) with details of your classes to be added to future editions.

You can also get free promotion by adding your activities to [www.directory.buckinghamshire.gov.uk](http://www.directory.buckinghamshire.gov.uk)



Community movement and exercise classes to develop and maintain strength, balance and overall wellbeing as you age.



Supported by



# BETTER BALANCE CLASSES IN THE COMMUNITY

## **Burnham Library**

Monday 11.30am - 12.30pm and 1.15pm - 2.15pm

£6 per class.

Text or call Lucie on 07591294178

## **Princes Risborough Community Centre**

Friday 10.30am - 11.30am

£6 per class.

Text or call Lucie on 07591294178

## **St Michael's Church, Amersham**

Friday 1.30pm

£6 per class.

Text or call Lucie on 07591294178

## **Long Burrow Hall, Stokenchurch**

Tuesday 1pm

£7 per class.

Text or call Kim 07825185039

## **Beacon Sports Centre, Beaconsfield**

Monday 3pm - 4pm

£3 per class.

Contact Jo beacon@gll.org

## **Chalfont Leisure Centre**

Tuesday 2.45pm

£4.65 per class.

Text or call Alison 01753 887812

## **Wycombe Leisure Centre**

Friday 1pm £6.50 per class.

Contact 01494 688100

## **Court Garden Leisure Centre, Marlow**

Wednesday 2pm

01628 405200 (contact for price)

## **Princes Risborough Community Centre**

Monday 3.30pm

£6 per class.

Text or call Lucie 07951294178

# MOVEMENT CLASSES

## **Buckingham Youth Centre**

Wednesday 10-10:45am

£6 PAYG or £30 for block of 6 classes

Text or call Lizzie on 07456331112

## **Amersham Band Hall**

Friday 10.45am.

£12 per class.

Contact info@pilates-health.com

## **Queens Park Arts Centre, Aylesbury**

Wednesday 1.45pm and 3pm

£2 per class (subsidised by QPAC)

Text or call Corinne 07988 649275

## **Cheddington Village Hall**

Thursday 10am.

£7 per class.

Text or call Corinne 07988 649275

## **The Hive, High Wycome**

Friday 11am.

£3 per class.

Contact Kim 07825185039

## **Great Kingshill Village Hall**

Monday 10.30am.

£6 per class.

Text or call 07813540751

## **Holmer Green Church Centre**

(Featherbed Lane)

Thursday 10.30am.

£6 per class.

Text or call 07813540751

## **Online (via Zoom)**

Tuesday 11am

£6.50 per class.

Text or call Corinne 07988 649275

Tuesday 10.45am

£8 per class.

Contact info@pilates-health.com