

# Adapted Fitness Fun

Do you want to meet new people and have fun whilst exercising?

Come along to these free adapted exercise sessions which are aimed for older people with health conditions to improve general fitness. The class will be led by a qualified instructor, who is experienced in running classes for the over 50's. Carers welcome.



**Weekly sessions begin on Thursday 4th July 1pm-2pm**  
**at**

**Ann Marie Howes**

**Platt brook Way, Sheldon Heath Road Birmingham B26 2DU**

**Call our Wellbeing Team on 0121 437 0033 to find out more and book your place or email [activities@ageukbirmingham.org.uk](mailto:activities@ageukbirmingham.org.uk) for further information**