

FLEXIBLE FITNESS FRIDAYS

Aimed at exploring a variety of ways to improve and maintain fitness, health and wellbeing.



Wellbeing sessions for everyone
in a calming, nurturing environment

Fridays 6pm til 8pm

Only 10 spaces per session available

Registered cancer patient £8

Registered carer £8

Cancer client and carer attending together £12

General Public £10

St Mary's Church Hall,
29 Grandstand Road
Hereford HR4 9NE

OP 24 Private Gym, Unit 3,
The Old Railway Sidings Estate,
Mortimer Road, Hereford HR4 9SP

Car park and toilet facilities. See back page for venue details.

Pre booking essential via <https://yeleni.pembee.app>



Helping you to live with and beyond cancer



MOVING *on* to WELLBEING



Pilates with Deb

Plenty of Pilates Flow, Movement and Gentle Conditioning with some Relaxation and Breathwork. A class for everyone, new to Pilates, recovering from an illness or injury or looking to continue your Pilates journey. The class can be taken on the mat or if needed seated on a chair.



Dance with Lucy

My name is Lucy and I will be delivering an inclusive and accessible Move Assure class in a supportive and encouraging environment. My class will consist of light movement and discussion for all ages and abilities, movement can be done standing or sitting. This is a Dance class focusing on Wellbeing through movement and music.



Easy Exercise with Ruby & Max

Our gentle exercise classes are designed to introduce you back into fitness at a pace your body needs to gain the confidence to bring movement and

exercise back into your life. With a mix of resistance training, stretching and gentle cardio whilst concentrating on form and individual needs. **Please note:** this session is being held at OP 24 Private Gym, Unit 3, The Old Railway Sidings Estate, Mortimer Road, Hereford HR4 9SP





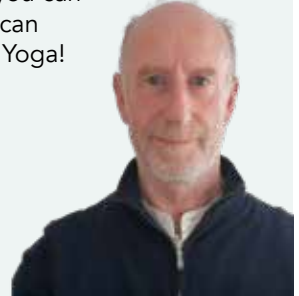
Tai Chi Movements for Wellbeing with Jan

Tai Chi Movements for Wellbeing (TMW) is an easy-to-learn sequence of gentle movements that helps to promote physical and emotional wellbeing. TMW is a delicious mix of Tai Chi and Chi Kung, and it has been specially designed to help your body regain and maintain flexibility and mobility, as well as to manage stress. The beauty of TMW is that it can be practised both seated and standing, making its benefits accessible to all.



Yoga with Mike

Well being comes about through learning to do less, and becoming more mindful about how we use our body and breath, not just in these classes, but in daily life. In these sessions you will learn how to quieten the restless mind and body through linking simple movements to the breath. These sessions are suitable for anyone and can be adapted for those whose mobility is limited. If you can breathe you can benefit from Yoga!



Pre booking essential via
<https://yeleni.pembee.app>



FLEXIBLE FITNESS FRIDAYS • 6pm - 8pm

Yoga with Mike
Friday 12th September
Friday 17th October
Friday 21st November

Dance with Lucy
Friday 26th September
Friday 24th October
Friday 28th November

Pilates with Deb
Friday 3rd October
Friday 7th November

Tai Chi Movements for Wellbeing with Jan
Friday 10th October
Friday 14th November

St Mary's Church Hall, 29 Grandstand Road, Hereford HR4 9NE

FLEXIBLE FITNESS FRIDAYS • 6pm - 8pm

Easy Exercise with Ruby
Friday 19th September
Friday 31st October

OP 24 Private Gym, Unit 3,
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Mortimer Road, Hereford HR4 9SP

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