

# PICK ME UP

**Maintain and improve mobility and balance,  
and strengthen coordination.**

A low level, instructor led, specialist exercise class suitable for people with memory issues and long term health conditions and their carers.

Classes are held at the Spensborough Pool & Fitness Complex and the Stadium Health & Fitness Club.

For more information on times and prices, please contact **Haseeba** on **01484 234097** or **07976 953399**



**Take Steps for Life to become more active  
and feel the benefit!**