



Exercise Classes in the Park

Gentle & Easy

The exercise classes are £3 per session and designed for people with long term conditions and those who just want to improve their overall health and wellbeing.

What are the benefits to you?

We know that the outdoors and exercise have great health benefits, these classes will help to improve your flexibility, balance and the strength of your joints, muscles and bones too.

These classes can also help to keep your mind and your social life healthy too, so why not come and join us.

We have designed the exercise classes to help you get back into exercise at your own pace and in a safe environment.

Our qualified friendly instructors will be on hand every step of the way. You also have the option to join us each week for refreshments and a friendly chat.



Where do the classes take place?

Littleborough

Hare Hill Park

Tuesdays

1.30 - 2.30pm

Meet at the Bandstand in the park

Heywood

Queens Park

Thursdays

9.30 - 10.30am

Meet outside the café in the park

Please remember to wear suitable comfortable footwear and clothing appropriate to the weather conditions.

Rochdale

Broadfield Park

Wednesdays

10.30 - 11.30am

Meet at the Bandstand in the park

Middleton

Jubilee Park

Fridays

12.30 - 1.30pm

Meet at the Bandstand in the park

How Do I Get Involved?

Just turn up at the park and the instructor will meet you at the start of the class.
(See above for meeting points in each park).

If you have any further questions contact:

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