

Wellbeing Sessions

Led by qualified instructors these chair-based sessions are perfect for gently rebuilding your strength, suppleness, skill and stamina and more importantly, provide an opportunity to reconnect and socialise with others

Call or email Kate to book or for more info
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Reading

Tuesdays 1130 at Wesley Methodist Church, Queen Road (indoors), Chair based exercise with Kate

Tuesdays 1400 at Oak Tree House, Spey Road (indoors), Chair based Exercise with Kate

Wednesdays 1100 at Whitley Wood Community Centre, Swallowfield Drive (indoors), Chair based Exercise with Kate

Thursdays 1100 Milestone Centre, Caversham Park Village (indoors), Chair based Exercise with Kate

West Berkshire

Tuesdays 1115 at the Fairclose Centre, Newbury (indoors), Chair based Exercise with Hayley

Fridays 1100 The Dorman Room, Pangbourne (indoors), Chair based Yoga with Sami

Wednesdays at 11am, Gentle Chair based exercise with Debbie and Mandy from Mindset Massage

Virtual sessions

Fridays at 11.15am, Gentle Chair based exercise with Hayley

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What to expect

All of our sessions are perfect for complete beginners, those struggling with mobility and those who have not been active for a prolonged period of time.

Specific exercises can be adapted to suit your ability and/or any health conditions you might have. Whilst chair-based exercises are standard you are welcome to stand if you are able to.

Our sessions are designed to be social, friendly and welcoming...this is almost more important than the 'exercise bit'!

All sessions are delivered in line with covid protocols as determined by the venue and our programme risk assessments. Therefore, numbers on some sessions are limited due to space available and chairs are spaced apart accordingly.

Wearing a face mask whilst participating is not an essential requirement but if you feel safer doing this you are welcome to do so. Hand sanitiser will be available at all sessions and we encourage you to bring your own.

You will be asked to complete a registration form at the start of your first session. The details you share are collected in line with data protection laws. The information you share helps us keep you safe, helps us shape a session to suit your ability and helps determine how we might improve our overall grant funded programme.

If you have any questions or would like to find out a bit more about the session and/or instructor before participating please don't hesitate to call or email Kate.