enable FITNESS

East Suffolk Community Partnerships | Melton Woodbridge & Deben Peninsula

STRENGTH & MOBILITY CLASSES

Low impact exercise that challenges you and supports you to stay STRONG, BALANCED & CONFIDENT

Suitable for older adults and anyone who would like:

- Supportive exercise for achey joints
- No jumping or floor work
- A friendly welcoming environment
- Support for mobility issues and health conditions
- Improved balance, strength and co-ordination





Tuesday

Rendlesham 13:00 - 14:00

Tunstall 15:00 - 16:00

Friday

Hollesley 11:30 - 12:30

Eyke 13:30 - 14:30

£20/Month (approx £4.70/class)

Reduced rate supported by local council for 6 months starting first week of Feb 2026. Each class has a maximum of 12 spaces

Other classes & locations available

Booking is essential:

07522257156 mathilde@enablefitness.co.uk

www.enablefitness.co.uk

What to expect?

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Challenge your strength and mobility safely

- Strength exercises for everyday movement using a variety of equipment and class plans
- Balance and coordination work
- Adaptations for all abilities
- FUN! We do our best to make those essential strengthening exercises much more enjoyable

Health and accessibility:

Classes can be suitable for those with arthritis, rehabilitating after illness/injury, mobility issues and most health conditions.

Doctors approval required if unsure if it is safe for you to start exercising

This project is in collaboration with the local council to improve wellbeing services in rural areas. Please get in touch if you are interested or would like to find out more. You can find out more information about our services and other classes in different areas by visiting our website.

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