



The Active Life Classes at McLaren Leisure Centre are held on Monday and Thursday mornings.

The classes are suitable for all ages, levels of fitness and even those recovering from injury or illness.

Starting with a structured slow warm up of the whole body and followed by a short low impact cardio vascular section, the class progresses on to a Circuit which can be tailored to suit individual needs.

Approaching the class from a dance background the exercises are taught clearly and concisely, instilling an understanding of the movement required and gaining the most from each exercise.

With the focus on good posture, the class is a careful mix of toning and weight bearing conditioning exercises designed to improve core strength and flexibility.

If you would like to join or view our fun class, please come along on Monday 9.30am or Thursday 9.30am or 10.45am.

We are a welcoming and friendly group.....

For more information please call McLaren Leisure Centre on 01877 330000



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