



DON'T LET DIABETES STOP YOU BEING ACTIVE

EXERCISE CLASSES FOR PEOPLE WITH DIABETES

Each class will be tailor made to help you exercise safely whilst being supported to become fitter, increase your vitality and improve confidence.

Regular attendance will improve your flexibility, balance, muscle tone, cardiovascular fitness and in addition may help with diabetes control.

2 different classes available depending on ability. Bring a friend or family member if you wish.

Diabetes Circuits

1 Hour Circuit Based Activity Session can be tailored to different abilities.

Tuesday 7:30- 8:30 pm

£3 per session, first session free

Just Imagine Play Centre

Christian Mill Business Park, Crownhill,
Plymouth PL6 5DS

Please wear clean indoor trainers/soft footwear for use on training mats.

Contact **Bryan Skinner** for more information.

Tel: **07926 9818572**



Please scan QR code and complete before attending your first session.

To book please follow link and choose option 'Diabetic Circuit Class'

Seated Stretch

Low intensity seated/standing exercise class aims to improve co-ordination, balance, and flexibility with light resistance.

Wednesday 1:30 - 2:15pm

£2.10 a session

Plymouth Life Centre

40 Mayflower Drive, Plymouth PL2 3DG

Tel. 01752 606900

