



JUSTGYM ACTIVE AGEING HOUR



REGULAR EXERCISE
CAN HELP REDUCE
THE IMPACT OF:

- Osteoporosis
- Diabetes
- High blood pressure
- Heart disease
- Stroke
- Falls and trips
- Low mood
- Loss of independence

As we get older our bodies start to slow down and muscles start to lose their strength and stability. At JustGym we are here to help you keep fit and healthy.

ACTIVE AGEING HOUR. **Tuesday and Thursday from 2-3pm.**

A dedicated member of staff will be on hand to help with any questions you may have, demonstrate equipment, offer tips on exercises and show you ways to get started on your fitness journey.

ITS NEVER TOO LATE TO START BEING A MORE ACTIVE VERSION OF YOU

£6 PER VISIT OR £25 UNLIMITED MONTHLY MEMBERSHIP

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