



# Move Together

**WANT TO BECOME  
MORE  
ACTIVE BUT NOT  
SURE WHERE TO  
START?**

We know that when you are living with long term health conditions, or have not been physically active for some time, it can be a challenge to know where to start. But even a small amount of gentle exercise can help reduce fatigue and leave you feeling better.

For more details of our Move Together and Gentle Movement classes please see overleaf.

**Improve your  
wellbeing in  
just 12 weeks**

Our in-facility Move Together classes, and online Gentle Movement classes can support you to take the first steps towards increasing your physical activity levels and improving your wellbeing.



**For more info, contact your local facility**

**Aqualibrium 01586 551212**

**Queen's Hall 01369 800 500**

**Helensburgh Pool 01436 672224**



Together

## MOVE TOGETHER CLASSES

Moving more can be a challenge but our new Move Together class can help you keep more active and feel more energised.

If you haven't exercised before or for a while, don't worry as this gentle class is suitable for everyone and allows you to move at an intensity that's right for you. Getting more active can increase energy levels, reduce your risk of falls, boost your mood/ wellbeing, make new friends, help maintain a healthy weight and lead a more independent life.

**Cost of session:** all sessions are £2.50 per class or are included if you are a member

**Type of Clothing:** wear flat shoes, preferably trainers, loose clothing and remember to bring a bottle of water with you.

This fun 45 minute class takes place in a safe & welcoming environment and is led by our experienced Instructors who will support & encourage you throughout the session. To book a slot, please contact your local facility or book via the app.

## GENTLE MOVEMENT

Our Gentle Movement classes are online, allowing you to take part in the comfort of your own home.

The Gentle Movement classes are based on QiQong, an ancient Chinese practice aligning breathing, physical activity, mental and spiritual awareness.

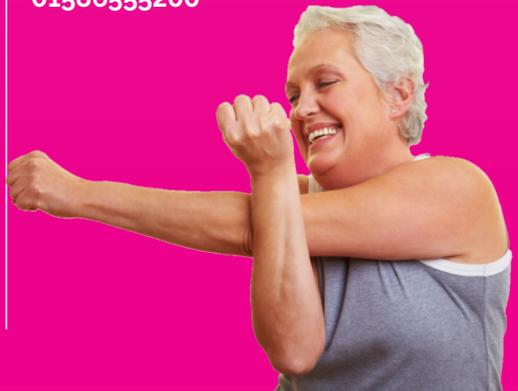
Classes take part in small supportive groups, and include self massage, gentle chair based movement, relaxation and time for a friendly chat.

**Cost of Session:** the Gentle Movement Classes are delivered by volunteers, and are free of charge

**Scheme Duration:** the Gentle Movement Classes are run in 12 week blocks

To enquire about joining our online Gentle Movement classes, please contact Mahailia at:

Mahailia.Scott@liveargyll.co.uk  
01586555200



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