

ACTIVITY CLASSES

In partnership with two local instructors we will be bringing two brand new physical activity sessions to the Daventry area.

We will be launching the two classes from the Daventry Brass Band Hall, NN11 0PN, on Thursday 6th February 2020 and on a weekly basis.

Get Up & Go – 1.15pm – 2.30pm - £4.00pp

The **Get Up & Go** sessions are a low impact physical activity class to support the strength and balance development in older adults. If you're struggling with your day to day routines and tasks, this class is evidence based to support the development of core strength and balance to help you maintain your regular routines. The research behind the OTAGO exercises used throughout the class is proven to:

- Improve balance & strength
- Improve ability to complete everyday tasks
- Increase stamina
- Reduce falls
- Reduce injury due to falls
- Improve mood, Improve confidence and independence.

<https://www.northamptonshiresport.org/activity-finder/activity/get-up-go-brass-band-hall-daventry>

Other classes in the area:

- Get Up & Go - Reach For Health, Daventry – Thursday 10.30am – 11.30am
- 01327 871118

<https://www.northamptonshiresport.org/activity-finder/activity/get-up-go---reach-for-health-daventry>

Get Up & Go Dance – 3.15pm – 4.30pm - £4.00pp

Come and learn how to move your body in a safe, fun and stimulating way with a brand new dance class. Engaging your mind as well as strengthening your body, our classes will provide a great way to take part in gentle exercise and socialise at the same time!

No experience needed, come along and give it a go – with your first class for **FREE!**

January 2020