

Sit and Be Fit!

**Every Thursday morning at
The Cavalier Centre
10 am to 11 am**

Sit and Be Fit gives you a wonderful opportunity to explore your health-related fitness in a sociable and supportive environment. With over 20 years experience in the health & fitness industry, our coach John Docherty is committed to helping people achieve their goals. John is passionate about accessibility for all in their pursuit of improving their health and well-being.

Come and join John as he guides you through a series of movements designed to develop your mobility, flexibility and functional strength, all from the comfort of a chair!

Sit And Be Fit sessions cost £5 per person. To find out more or to book a session, please email John or Claire at fitforbookings@gmail.com

