

EVERYONE

BENEFITS FROM A BOOST



Is joint pain affecting your mobility?

Good Boost creates personalised exercise sessions in the pool so you can move more, have fun and feel better.

- 1 Join one of our Good Boost classes (ask reception or book on the app)
- 2 Good Boost's technology creates an individually-tailored programme designed around your needs and preferences
- 3 You can follow the exercises at your own pace in the pool on Good Boost's waterproof tablet computers

Fridays:
11am - 12pm

Price:
£4

Please arrive 30 minutes early for your first session for registration.

Tudor Grange Leisure Centre
Blossomfield Road, Solihull B91 1NB
0121 705 6371



Everyone Active works in partnership with Solihull Council.