



Feel good...
Move More

MS & Parkinson's Exercise Classes

Weekly specialist exercise classes for people with MS or Parkinson's Disease.

Classes to help you stay active, maintain and improve mobility and fitness, balance and co-ordination, quality of life and mental wellbeing.



For more info visit:
solihullonthemove.co.uk



The **active wellbeing hub** is part of Solihull Active, Solihull MBC and our leisure management company

Class Information: The group exercise classes are based around a gentle exercise circuit and are led by qualified exercise referral instructors. These instructors have specialist knowledge of the most appropriate and effective physical activities for people with MS and Parkinson's. The exercises within the class are adapted to suit everyone's needs and capabilities. Classes cost £3.80 per session.

Timetable:

- ❖ **MS Class: Tuesdays 10-11am.**
- ❖ **Parkinson's Class: Wednesdays 11am-12pm.**

Venue: Tudor Grange Leisure Centre, Solihull, B91 1NB.

Contact: 0121 705 6371.

To join: Anyone with MS or Parkinson's can join the exercise group. This includes those that have been advised to do so by their GP or hospital-based teams and those that wish to put themselves forward.

First Class: You can book in advance by calling the leisure centre. Arrive for your first class 15 minutes early as you will need to complete a participant registration form. If the exercise professional requires more information regarding your health/medical conditions and suitability to attend the class, they may ask for a written referral form from your GP surgery.

To maximise the benefits you can gain from these classes, it is recommended that participants attend weekly where possible.



For more info visit:

solihullonthemove.co.uk

