



Move Well...
Live Well

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, fitness, co-ordination and balance, 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. To maximise the benefits, it is recommended that participants attend weekly where possible. Classes cost £4.20 per session.

Class Timetable:

- ❖ **MSClass: 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.

Please note, 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.

First Class: You can book up to a week in advance by calling the leisure centre. At your first class, you will be asked to complete a registration form.

You can pre-register online instead, by scanning the QR code with your mobile phone's camera and completing the registration form.



If you haven't pre-registered, please arrive for your first class 15 minutes early.

For more info visit:
solihullonthemove.co.uk

