



# Living Well North Tyneside

Supporting Health and Wellbeing



Cost: £4.00



Type: Face to Face

Our Active Gold group class provides low-medium aerobic and strength activities in a safe and supportive environment. A mix of 50s, 60s and 70s background music alongside a great group of participants makes this class very sociable and fun which makes it ideal for everyone who just wants to get active and have fun!

Tuesdays 11.30am-12.15pm

Chairs are provided for some activities for those who require it, however the majority of the activities do require a slight degree of balance and movement for participants. We use body weight activities (not floor based) low weight dumbbells, resistance bands, swiss ball and even a soft rugby ball - yep that's right, come along and see how!

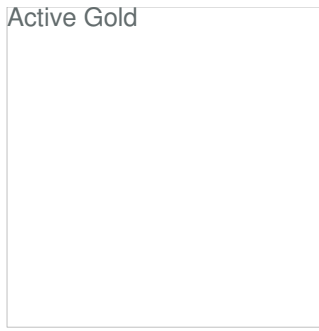
**10 class discount card £32.00**



[chair based  
activities](#) |

[light  
aerobic](#) |

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