Living Well
North Tyneside
Supporting Health and Wellbeing

The exercise programme is low to moderate intensity and can be done seated or standing dependent upon the Berg Balance Test results. There is no floor work, no high intensity or heavy weights involved, no jumping or high impact, no unsupported forward flexion or uncontrolled twisting.
Each session is tailored to accommodate various fitness levels and abilities, ensuring that participants can perform exercises safely and at their own pace. Qualified instructors provide modifications as needed and emphasise proper form and technique.
This class promotes overall physical health and well-being, supporting the functional fitness necessary for daily activities and enhancing quality of life.

Classes starting on Tuesday, 15th September 2026 at 10.30 am at St. Cuthbert's R.C Church, Church Hall, Albion Road West, North Shields, NE29 0JB

Then every Tuesday at 10.30 am

First class free and then £7 per week

Move It Or Lose It!

07708091435

joanne.hindmarch@moveitorloseit.co.uk

52 Haswell Gardens
North Shields
NE30 2DP

https://www.moveitorloseit.co.uk

@MoveItorLoseitwithJoanne

@joannemioli

Last Updated - 21st October 2026

Services

No Services

Things to do

No Activities



© 2026 Living Well North Tyneside | Web Design: Indigo Newcastle