



Good Boost

Aqua Rehabilitation Exercise Classes

Powered by technology to achieve wellbeing Goals!

- 1** Join one of our Good Boost classes if you have Osteo or Rheumatoid Arthritis, Osteoporosis, Fibromyalgia, recent surgery or injuries.
- 2** Good Boost's technology creates an individually-tailored programme around your condition, needs and preferences.
- 3** You can follow the exercises at your own pace in the pool on Good Boost's tablet computers with a instructor on-hand to support you.

Launching 4th October!

Venue: Crewe Lifestyle Centre

Days and time: Tuesday and Thursday 12.00pm-12.45pm

Please arrive 15 minutes prior to start to set up your tablet on pool side

Booking is essential as limited places available

To find out more or to book: call: 01270 685589, email ebhealthy@everybody.org.uk
or visit

www.everybody.org.uk/what-we-offer/get-fit-and-healthy/health/good-boost-aqua-classes/