

# Rippingale Exercise Class

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If you are looking to increase your fitness, meet friends and socialise, come and try out a group fitness session with myself **Caroline Jackson**. Now on at Rippingale Village Hall, I offer an hour of upbeat aerobic exercise in a variety of different formats: circuits, basic

aerobic routines and hula-hooping! Learn how to do mobility stretches which can be done at home to keep your joints moving. Open to all ages and abilities, many of our older members have felt a real improvement in their level of fitness.



'There's strong evidence that people who are active have a lower risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia.

If you want to stay pain-free, reduce your risk of mental illness, and be able to go out and stay independent well into old age, you are advised to keep moving.' NHS Choices.



## About me

I am a mum of two and fitness professional, graduating with a degree in Sport and Exercise Science in 2002. I am also a qualified Personal Trainer and Exercise Referral Specialist who thoroughly enjoys working with people to help them reach health and fitness goals, improve general health and mental wellbeing. We are a friendly group so please come down and say hello, Wednesday 10.30 -11.30 am, £4.50 per session, block booking discount available. Please call 07914480084 or just turn up!

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