

## SEATED CHAIR EXERCISE CLASSES



### WHAT ARE SEATED CHAIR EXERCISE CLASSES?

Classes in which the participants exercise, while sitting in a chair! They are light-hearted sessions, focused on having fun, getting moving and keeping active, regardless of age and fitness levels. Safe and achievable workouts don't just improve physical health: they also benefit mental health by connecting with new people, increasing self-esteem, reducing stress, improving mood, tackling depression and anxiety and enabling better sleep.

### WHEN AND WHERE ARE SEATED CHAIR EXERCISE CLASSES HELD?

Every Monday, from 10.00am to 11.30am in The Large Hall, The Old School, Mill Hill, Nettleham LN2 2PE.

Every Friday, from 9.30am to 10.30am in Moorland Community Centre, Moorland Avenue, Lincoln LN6 7NH.

Every Friday, from 10.00am to 11.00am in the Co-op Community Hub, behind the Stacey West Stand at the LNER Stadium, Sincil Bank, Lincoln LN5 8LD.

### DO PLACES HAVE TO BE BOOKED FOR SEATED CHAIR EXERCISE CLASSES?

No, you can just turn up on the day.

### HOW MUCH DO SEATED CHAIR EXERCISE CLASSES COST?

£3 per session (including refreshments) at Welton or £2 per session at each Lincoln venue, to be paid on the day.

### HOW CAN MORE INFORMATION BE OBTAINED?

Please contact the Foundation, either by calling/texting 07305 108167 or by using the online form at <https://www.lincolncityfoundation.com/ethfitness>.

### HOW CAN DONATIONS BE MADE TO HELP SEATED CHAIR EXERCISE CLASSES?

There are numerous ways to support the Foundation financially, including before all home games via a collection bucket that can be found in the Trust's Pod in the University of Lincoln Fan Village.