

Do you live or work in Southwick

and want to get involved in fun activities to get you fitter and feeling better?



Change the Game - Southwick offers free activities including seated exercise classes to a feelgood soundtrack, to help you on your fitness journey; feel healthier and fitter and give you the opportunity to meet new people in Southwick.

Seated exercises activities:

- **Monday 1-2pm Seated Pilates**
at Austin House
- **Wednesday 12.30-1.30pm Seniors Seated Soccercise**
at Southwick Community Centre*
- **Wednesday 2-3pm Seated Soccercise**
at St Andrews Methodist Church*
- **Friday 11-11.45am Seated Soccercise**
at Austin House*

*Seated Soccercise is a fun way to keep fit - either sitting in your chair or standing, Soccercise is designed to help your mobility and coordination.

To find more:

Scan the QR code below

visit: www.mysunderland.co.uk/change-the-game

Email: changethegame-southwick@sunderland.gov.uk

All information correct at time of printing.

