

FITNESS CLASSES
FOR AMPUTEES

HAMPS Fit

A challenging, sociable and fun self-help exercise programme for AMPUTEES. Come and workout with people in a similar situation to yourself

Wednesdays 2.15—3.15 pm
Waterlooville Baptist Church
£3.50 per session
Transport available if required

More Information Contact Floyd on
077 6834 6450

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HAMPS Fit

'Exercise should be challenging but fun...'

Want to keep active, meet people, have fun and improve your walking and fitness?

Then why not take part in a weekly fitness class at Waterlooville Baptist Church. If you..

- have had an amputation
- have lower back pain, osteoporosis or walking difficulties
- are a wheelchair user
- have Multiple-sclerosis or other condition which affects mobility

... and would like to stay active and keep in touch with people in a similar position to you then this is the group for you.

The classes are aimed at any level of ability, are low intensity and fun, and can be done from a wheelchair. So if you want to:

- GET FIT AND HEALTHY
- LOSE WEIGHT
- REBUILD LOST STRENGTH
- IMPROVE STRENGTH AND BALANCE

The group is run by an experienced tutor and is dedicated to those who have suffered limb loss or mobility difficulties.

The fitness classes take place every Wednesday 2.15—3.15 pm at the Waterlooville Baptist Church (PO7 7SY).

The cost of each session is **£3.50 per person**.

Transport

We endeavour to provide transport if it is required whenever we can, but it is not always possible as we depend on grants to cover transport costs. To enquire about the availability of transport please ring Terri on 023 9224 1764.

For more information contact FLOYD on 077 6834 6450

Friends, family members and carers are welcome to come along and watch or assist.

The fitness classes are supported by the Disablement Services Centre (DSC) at St Mary's Hospital and the BodyFocus Support Group.