



MOVING MATTERS

WITH KATIE

GROUP EXERCISE CLASS

My mission is to support & improve your:

Body Strength/ muscle mass

Balance & Confidence

Cardiovascular fitness

Mental Health & Wellbeing

Range of Movement

Commitment to ageing well

**Qualified Physiotherapist and L3 Personal Trainer with
10+ years NHS experience in Rehabilitation and
Prehabilitation.**

Personalised approach, adapting exercises to be safe and effective for participants with age-related conditions. Option of chair based exercises.



Hartpury Village Hall
Every Tuesday 9:45-10:45
Starting 30th September 2025
Price: £8 per class
1:1's at home also available



For more information or to sign up:
Email: info@movingmatters.co.uk
Tel: 07871 523630