



Good Boost is a multi-award winning social enterprise delivering personalised exercise programmes.



Every Wednesday 10.30-11.30am
at Tadcaster Community Swimming Pool

£24 payment for a four week trial period (£6 a session)

Sign up today to take advantage of this unique opportunity

We offer **individually-tailored** aqua rehabilitation for a wide range of conditions, as land rehab is not possible for many people due to pain and limited physical function.

Include your pools aqua exercise equipment, to have exercises with paddles, fins, noodles & more

Delivering **existing GP and health promotion activities** for people with joint or long-term health conditions



----- CALL 01937 833001 or come in and speak to one of our team -----

