



good boost

**Move More | Have Fun | Feel Better**

**Is joint pain affecting your mobility?**

**Join one of our group based sessions**

**Monday 11.00am | Wednesday 11.00am | Friday 2.45pm**



**Our Good Boost sessions deliver tailored programmes to help you manage your joint and pain conditions.**



**Included in our: Gym, Swim & Classes membership**  
or £6.00 per Good Boost Session.