



**Balance • Strength
Fitness**



Highland Perthshire Classes and Walks

**Our classes will improve
your balance, strength
and self-confidence.**

They are specifically designed for customers with lower fitness level or even with mobility problems. That's why every time during a class you will never be far away from a chair that can support your balance, give you a rest when needed and let you do more which will boost your sense of achievement.

The sessions last 45min and cost £2.50 per session.

The walks are FREE.

We'll help
you find
your way



EXPERIENCE THE
DIFFERENCE

Balance and Strength classes - North Perthshire

Mondays:

Alyth - Parish Church Hall - 10:00

Birnam - Arts Centre - 12:00 noon

Tuesdays:

Fortingall - Molteno Hall - 10:15

Pitlochry - Live Active Atholl - 12:30

Wednesdays:

St Madoes - Madoch Centre - 14:30

Fridays:

Amulree - Village Hall - 10:00

Stride For Life Health Walks

Alyth	Tuesday 13:30, Airlie Street Hall, Alyth
Birnam	Wednesday 13:30, Willowbank Lounge
Bankfoot	Thursday 10:30, Bankfoot Church Centre
Aberfeldy	Thursday 11:00, Outside the Birks Cinema
Stanley	Friday 10:00, The Old Post Office on Percy Street
Blairgowrie	Thursday 10:00, Wisecraft
Kinloch Rannoch	Friday 10:30, Riverside Café

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