



OTAGO

Gentle exercise to keep you fit, flexible and fabulous!



An exercise class aimed to prevent falls, injuries and improve cognition amongst older people, working on increasing strength, balance and flexibility. This class is also suitable for people with medical conditions which require gentle exercise and rehabilitation, while building up confidence at the same time.

Lochaber Leisure Centre

Wednesday 1.30pm – 2.15pm

Wednesday 2.30pm – 3.15pm

Please book at Lochaber Leisure Centre reception or call 01397 704359

highlifehighland.com/youtime