

Chair fitness session at Sonya Lodge Residential Care Home



Our residents here at Sonya Lodge Residential Care Home enjoyed our fortnightly chair fitness session with Jane from G-Fitness last week.

Our ladies and gentlemen love their visits from Jane and are always keen to give all of the exercises a go. This time, Jane got out the resistance bands and stress balls to focus on strength building in our hand and arm joints.

Our residents then finished off the session in style with our fitness to music routines. Pat took this opportunity to show us all her best dance moves – which were amazing!