

Chair fitness with music at Sonya Lodge Residential Care Home



We host chair fitness sessions twice a week at Sonya Lodge Residential Care Home and these are one of our most popular classes here.

Every other Wednesday it is led by the **lovely Jane**. Keeping fit and active is important to a lot of our residents, and chair fitness is one of the best ways to achieve this.

Jane's class is full of fun ways to stay healthy. One of the most popular exercises is '**Movement to music**' which is an exercise routine to different songs. It's great for memory stimulation as Jane will put the music on and see what parts of the routine our residents can remember.

We also strengthen our muscles with **resistance bands** and this is great for maintaining mobility.

The classes are a great blend of good music, beneficial exercises and fun!

