

G-Fitness chair exercises at Sonya Lodge Residential Care Home



We welcomed Jane from G-Fitness into Sonya Lodge Residential Care Home again recently.

She got us all energised with some more **movements to music exercises**. Our residents always have a giggle with Jane while building up the strength and movement in their joints.

Everybody followed the chair dance routines to complete their leg and arm workout. They then got to work their arms, shoulders and hands, doing **strengthening exercises with the resistance bands and stress balls**.

Some of our residents then celebrated another completed fitness session by getting up for a **dance with Jane**. They showed us some of their best dance moves and left us all extremely impressed!

Thanks Jane – we look forward to another G-Fitness session soon!





