

Sonya Lodge Residential Care Home says goodbye to Jane from G-Fitness



Jane has been conducting chair fitness classes here at Sonya Lodge Residential Care Home for a while and has built an amazing relationship with our residents.

Her classes are filled with **high energy, positivity and fun** every time and have been quite the favourite. They are inclusive and diverse, with truly something for everyone.

Some of our residents prefer not to stay seated during the class and have a dance or a stretch, whereas others complete the whole class seated and feel all the benefits.

Jane has accommodated any physical needs and her movements are put together beautifully with a mix of impacts. Her routines are impressive but the **song choices** are up there too! There is a perfect mix of feel good beats that get everyone moving, and that means everyone! Many of our team members find themselves joining in because it's hard not to!

Chair fitness classes benefit our residents in many ways; their **physical health improves** due to the exercises and the sessions are also **good for mental health**. We've had lots of fun times at **Sonya Lodge** with Jane and our residents will miss her very much. Here are a few of the many amazing photos from her sessions over her time here.

Thank you Jane and best of luck from us all at Sonya Lodge!

