



THE BEST PRESCRIPTION FOR A HEALTHY HAPPY LIFE

What is Paracise™?

A brand new innovative exercise class designed to enhance and enrich your life. A gentle but effective workout that flows smoothly through movements designed to improve mobility, flexibility and balance. Medication in motion.



Thursdays @ 1045-1130 - St Andrew's Church Hall,
St Andrews Road, Maidstone ME16 8TP (sat nav ME16 9AN)

More classes coming soon to Maidstone
and the surrounding areas.

FOR MORE INFORMATION EMAIL
POLLY@PARACISE.COM OR CALL **07530 719730**



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What happens in a Paracise™ class?

You are taken through a series of movements that flow together to create a relaxing positive programme, working at your own pace you are encouraged to appreciate what your body can do and how small changes can make big improvements to your day to day life.

Who is Paracise™ for?

Anyone who would like to maintain or improve their quality of life. Lack of fitness, age, injury, physical and mental illness can affect our well being, staying fit and positive can help to ease those symptoms.

What are the goals of a Paracise™ class?

We create a friendly, supportive atmosphere in which you feel comfortable, we want you to enjoy the class and leave smiling, refreshed and relaxed. All gain, no pain.

Please have a look at Facebook page **@paracisewithpolly**
or visit our website **www.paracise.com**
for details of classes in your area

More classes coming soon, please register your interest