

## **Lulworth House Care Home**

## **G Fitness class at Lulworth House Residential Care Home**



In the last week of June, our residents took part in a seated exercises session led by a lovely lady called Hailey from 'G Fitness'.

Our ladies and gents enjoyed moving to the **rhythm of the music**, while **stretching their muscles**.

Hailey's enthusiasm was wonderful and it was great to see so many participants.

Fitness can be fun!