



PEMBROKESHIRE
LEISURE
HAMDDEN SIR
BENFRO

RIGHT START

NOT SURE IF GROUP EXERCISE IS FOR YOU?
WANT TO TRY SOMETHING NEW?
STRUGGLE WITH TIME?

Group Exercise should be accessible to all, so we created **RIGHT START** to help you get started!

Follow these steps to start on the **RIGHT** foot ...

Routine

Start off slowly, actively managing the duration and intensity building your own exercise routine.

Inclusive

All of our sessions are mixed ability - our instructors will provide variations so you can make the workout suit you.

Goals

Set realistic and achievable goals.

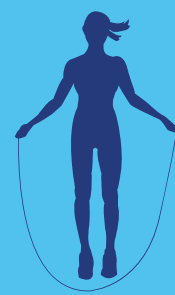
Happiness

Focus on enjoying the session first. Look for sessions that are fun and feel good for you.

Time

15/30/45/60 minutes, do as much or as little as you like just tell your instructor.

FIND OUT MORE ABOUT GROUP EXERCISE AT PEMBROKESHIRE LEISURE HERE.



WWW.PEMBROKESHIRELEISURE.CO.UK

WWW.HAMDDENSIRBENFRO.CO.UK