

SMILE

Simple Movements Improve Life Every Day

Join in and feel the benefits of social, friendly and fun exercise at your own pace!

SMILE is a low impact and gentle exercise concept developed by Life Leisure. The programme provides fun, engaging and adaptable exercise and physical activity sessions for older adults. The variety of sessions available are designed to support those with long term health conditions and/or disabilities to help improve physical health, mental health and wellbeing.

SMILE is split into four categories:

- **SMILE Chair Based** - Adapted exercise for adults who need some extra support. A chair is always accessible for participants in these sessions and all the movements are designed to be done whilst seated. Some participants choose to stand for periods of the session and our fantastic instructors can adapt the exercise so it can be done standing.
- **SMILE +** - These sessions are a lower intensity exercise to music class. Designed to support adults who may find regular classes a bit too intense and high impact on their bodies. SMILE + is a perfect session for adults who are looking to get back into fitness or for those wanting to maintain fitness levels.
- **SMILE Dance** - Inspired by sessions such as Zumba Gold this is Life Leisure's twist on the ever popular session. SMILE Dance is a low intensity dance to music session perfect for adults who are looking to get back into fitness or for those wanting to maintain fitness levels.
- **SMILE Well-Being** – A more holistic approach to exercise that encompasses slower movements, breathwork and relaxation. Some of our holistic classes are Yoga and Tai Chi, these sessions are great for people wanting to begin a healthy lifestyle journey.

Contact Lisa for more details:

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Current sessions (Correct as of Jan 2023)

Session	Day	Time	Venue	Cost
SMILE +	Monday	11:00am – 11:45am	Offerton Community Centre, Mallowdale Road, Offerton, Stockport, SK2 5NX	£3
SMILE Chair Based	Monday	13:30pm – 14:30pm	Woodley Civic Hall, Hyde Road, Woodley, SK6 1QG	£3
SMILE Chair Based	Tuesday	11:30am – 12:30pm	United Reformed Church, 77 Robins Lane, Bramhall, Stockport, SK7 2EF	£3
SMILE Chair Based	Wednesday	11:00am – 12:00pm	St James Church, Gatley, Cheadle SK8 4NF	£3
SMILE Chair Based	Wednesday	12:30pm – 13:30pm	United Reformed Church, 77 Robins Lane, Bramhall, Stockport, SK7 2EF	£3
SMILE Chair Based	Thursday	10:00am – 11:00pm	St Elizabeth's Church, Leamington Rd, Reddish, Stockport SK5 6DJ	£3
SMILE Chair Based	Thursday	13:15pm – 14:15pm	Marple Senior Citizens Association, Memorial Park, Marple, Stockport SK6 6BA	£3