

# Accessible Exercise Classes for People with Restricted Mobility

## Aldborough

Class: Extend Fitness class,  
Description: Low impact exercise to tone, stretch and strengthen,  
Suitable for: Older people and those with restricted mobility,  
Standing tolerance: Exercises can be completed seated or standing,  
When: Fridays at 10am,  
Where: Aldborough Community Centre,  
Cost: £6 per session,  
Instructor: Christine Harvey,  
Contacts: 01263 587276 or 07986 548358 or [chris.fitforlife@yahoo.co.uk](mailto:chris.fitforlife@yahoo.co.uk)

## Briston

Class: Mobility exercise class,  
Description: Low impact exercise to tone, stretch and strengthen,  
Suitable for: Ages 50+ including people with long-term health conditions,  
Standing tolerance: Exercises can be completed seated or standing,  
When: Thursdays at 10am,  
Where: The Copeman Centre,  
Cost: £6 per session,  
Instructor: Louise Gilding,  
Contacts: 07484 324035

## Cromer

Class: Paracise class,  
Description: Low impact exercise to tone, stretch and strengthen,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises can be completed seated or standing,  
When: Mondays at 11.45am,  
Where: Cromer Community Centre,  
Cost: £6 per session,  
Instructor: Alexandra Watson,  
Contacts: 07917 833810 or [watsonalexandra230@gmail.com](mailto:watsonalexandra230@gmail.com)

Class: Regular Longevity class,  
Description: Low impact exercise to tone, stretch and strengthen,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises can be adapted for all abilities,  
When: Fridays at 9.30am,  
Where: Cromer Parish Hall,  
Cost: £6 per session,  
Instructor: Annamarie Sterne,  
Contacts: 07989 285599 or [stretch@daytimefitnessclasses.co.uk](mailto:stretch@daytimefitnessclasses.co.uk)  
Website: <https://www.daytimefitnessclasses.co.uk/>

## **Erpingham**

Class: Regular Longevity class,  
Description: Low impact exercise to tone, stretch and strengthen,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises can be adapted for all abilities,  
When: Thursdays at 9.30am,  
Where: Erpingham Village Hall,  
Cost: £6 per session,  
Instructor: Annamarie Sterne,  
Contacts: 07989 285599 or [stretch@daytimefitnessclasses.co.uk](mailto:stretch@daytimefitnessclasses.co.uk)  
Website: <https://www.daytimefitnessclasses.co.uk/>

## **Fakenham**

Class: Move It or Lose It!  
Description: Low impact exercise to tone, stretch and strengthen,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises can be adapted for all abilities,  
When: Mondays at 10.30am,  
Where: The Gallow, Fakenham Sports Centre,  
Cost: £5 per session,  
Instructor: Jo Farnworth,  
Contacts: 07941 086603 or [jo.farnworth@moveitorloseit.co.uk](mailto:jo.farnworth@moveitorloseit.co.uk)

Class: Move It or Lose It!  
Description: Low impact exercise to tone, stretch and strengthen,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises can be adapted for all abilities,  
When: Thursdays at 1.30pm,  
Where: Fakenham Community Centre,  
Cost: £5 per session,  
Instructor: Jo Farnworth,  
Contacts: 07941 086603 or [jo.farnworth@moveitorloseit.co.uk](mailto:jo.farnworth@moveitorloseit.co.uk)  
Website: <https://www.moveitorloseit.co.uk/>

Class: Chair Based Exercise,  
Description: Low impact chair-based exercise,  
Suitable for: Anyone age 66+ or age 50+ with GP referral,  
Standing tolerance: Exercises are completed seated,  
When: Fridays at 2pm,  
Where: Fakenham Sports Centre,  
Cost: £4 per session,  
Contacts: Book direct – 01328 850010 or by GP referral

## **Fakenham (continued)**

Class: Escape Pain – Back,  
Description: Six-week back exercise course,  
Suitable for: Anyone age 66+ or age 50+ with GP referral,  
Standing tolerance: Tailored exercise for people with back conditions,  
When: Mondays and Wednesdays at 6pm,  
Where: Fakenham Sports and Fitness Centre,  
Instructor: Chloe Snare  
Cost: £4 per session,  
Contacts: By GP referral or book direct, tel. 01328 850010

Class: Escape Pain – Hips and Knees,  
Description: Six-week hip and knee exercise course,  
Suitable for: Anyone age 66+ or age 50+ with GP referral,  
Standing tolerance: Tailored exercise for people with hip and knee conditions,  
When: Tuesdays at 6pm and Thursdays at 12pm,  
Where: Fakenham Sports and Fitness Centre,  
Instructor: Chloe Snare  
Cost: £4 per session,  
Contacts: By GP referral or book direct, tel. 01328 850010

## **Hempton**

Class: Seated fitness class,  
Description: Low impact chair-based exercise,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises are completed seated,  
When: Wednesdays at 10am,  
Where: Hempton Village Hall,  
Cost: £4 per session,  
Instructor: Annamarie Sterne,  
Contacts: 07989 285599 or [stretch@daytimefitnessclasses.co.uk](mailto:stretch@daytimefitnessclasses.co.uk)  
Website: <https://www.daytimefitnessclasses.co.uk/>

Class: Regular Longevity class,  
Description: Low impact exercise to tone, stretch and strengthen,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises can be adapted for all abilities,  
When: Wednesdays at 10.45am,  
Where: Hempton Village Hall,  
Cost: £6 per session,  
Instructor: Annamarie Sterne,  
Contacts: 07989 285599 or [stretch@daytimefitnessclasses.co.uk](mailto:stretch@daytimefitnessclasses.co.uk)

## **Hickling**

Class: Pilates class,  
Description: Low impact floor-based exercise,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises can be adapted for people with restricted mobility,  
When: Tuesdays at 8am and 9am,  
Where: Hickling Barn,  
Cost: £48 for a block of six,  
Instructor: Julian Askham,  
Contacts: 01692 598114 or 07886 553027 or [julian@corepilatesnorfolk.co.uk](mailto:julian@corepilatesnorfolk.co.uk)  
Website: <http://corepilatesnorfolk.co.uk/>

Class: Chair aerobics,  
Description: Low impact chair-based exercise,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises are completed seated,  
When: Wednesdays at 10.30am,  
Location: Hickling Barn,  
Cost: £4 per session  
Instructor: Sally Sutton,  
Contacts: 07900 445536 or [sallydawnsutton@yahoo.co.uk](mailto:sallydawnsutton@yahoo.co.uk)  
Website: <https://www.hicklingbarn.com/activity/keep-fit>

## **Hindringham**

Class: Paracise class,  
Description: Low impact exercise to tone, stretch and strengthen,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises can be completed seated or standing,  
When: Wednesdays at 9.30am,  
Where: Hindringham Village Hall,  
Cost: £6 per session,  
Instructor: Alexandra Watson,  
Contacts: 07917 833810 or [watsonalexandra230@gmail.com](mailto:watsonalexandra230@gmail.com)

## **Holt**

Class: Escape Pain – Hips and Knees,  
Description: Six-week hip and knee exercise course,  
Suitable for: Adults with chronic hip or knee conditions,  
Standing tolerance: Exercises are tailored to people with hip or knee conditions,  
When: Mondays,  
Where: Holt Rugby Club,  
Cost: NHS service,  
Instructor: East Coast Community Healthcare,  
Contacts: By GP referral only

Class: Mobility exercise class,  
Description: Low impact exercise to tone, stretch and strengthen,  
Suitable for: Ages 50+ including people with long-term health conditions,  
Standing tolerance: Exercises can be completed seated or standing,  
When: Tuesdays at 10am,  
Where: St Andrews Church Hall,  
Cost: £6 per session,  
Instructor: Louise Gilding,  
Contacts: 07484 324035

Class: Making Moves Count,  
Description: Low impact chair-based exercise,  
Suitable for: All ages and abilities,  
Standing tolerance: Exercises are completed seated,  
When: Thursdays at 10am,  
Where: St Andrews Church Hall,  
Cost: £5 per session,  
Instructor: Julie Weston,  
Contacts: 07411 013943

## **Honing**

Class: Pilates class,  
Description: Low impact floor-based exercise,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises can be adapted for people with restricted mobility,  
When: Wednesdays at 9.30am and 10.30am  
Where: Honing Village Hall  
Cost: £48 for a block of six  
Instructor: Julian Askham  
Contacts: 01692 598114 or 07886 553027 or [julian@corepilatesnorfolk.co.uk](mailto:julian@corepilatesnorfolk.co.uk)  
Website: <http://corepilatesnorfolk.co.uk/>

## **Hoveton**

Class: Chair yoga,  
Description: Low impact chair-based yoga,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises are completed seated,  
When: Mondays at 11.15am,  
Where: Hoveton Village Hall,  
Cost: £8 per session,  
Instructor: Tara Taylor,  
Contacts: 07901 537403 or bishybees.tara@gmail.com

Class: Zumba Gold,  
Description: Dance inspired Zumba exercise,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises can be adapted for people with restricted mobility,  
When: Thursdays at 9.30am,  
Where: Hoveton Village Hall,  
Cost: £4 per session,  
Instructor: Tina Marie,  
Contacts: 07341 360389 or tmariefuller1@gmail.com

## **Ingham**

Class: Zumba Gold,  
Description: Dance inspired Zumba exercise,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises can be adapted for people with restricted mobility,  
When: Mondays at 6.30pm,  
Where: Ingham Village Hall,  
Cost: £4 per session,  
Instructor: Tina Marie,  
Contacts: 07341 360389 or tmariefuller1@gmail.com

## **Ludham**

Class: Pilates class,  
Description: Low impact floor-based exercise,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises can be adapted for people with restricted mobility,  
When: Wednesdays at 3.30pm,  
Where: Ludham Village Hall,  
Cost: £48 for a block of six,  
Instructor: Julian Askham,  
Contacts: 01692 598114 or 07886 553027 or julian@corepilatesnorfolk.co.uk  
Website: <http://corepilatesnorfolk.co.uk/>

## **Mundesley**

Class: Regular Longevity class,  
Description: Low impact exercise to tone, stretch and strengthen,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises can be adapted for all abilities,  
When: Thursdays at 11.30am,  
Where: Mundesley Coronation Hall,  
Cost: £6 per session,  
Instructor: Annamarie Sterne,  
Contacts: 07989 285599 or stretch@daytimefitnessclasses.co.uk

Class: Men's Longevity class,  
Description: Low impact exercise to tone, stretch and strengthen,  
Suitable for: Men of all ages and levels of fitness,  
Standing tolerance: Exercises can be adapted for all abilities,  
When: Thursdays at 1.15pm,  
Where: Mundesley Coronation Hall,  
Cost: £6 per session,  
Instructor: Annamarie Sterne,  
Contacts: 07989 285599 or stretch@daytimefitnessclasses.co.uk  
Website: <https://www.daytimefitnessclasses.co.uk/>

## **Neatishead**

Description: There are no scheduled exercise classes. However, there is a community gym that is open Mondays, Wednesdays, and Sundays from 8.30am to 12.30pm. They create bespoke fitness programmes for individuals that can be adapted for people with reduced mobility including wheelchair users. The building itself is fully accessible.

Where: Neatishead Community Gym,  
Cost: Membership packages start from £20 per month,  
Instructor: Gary Forde,  
Contacts: 07387 876216 or gym@victoryhall.info  
Website: <https://www.neatisheadcommunitygym.com/>

## **North Walsham**

Class: Zumba Gold Seated,  
Description: Dance inspired Zumba exercise modified for chair,  
Suitable for: All ages and abilities,  
Standing tolerance: Exercises are completed seated,  
When: Mondays at 11.15am and Thursdays at 1pm,  
Where: Yendell's Health and Wellness Hub,  
Cost: £8.50 per session – weekly and monthly membership options,  
Instructor: Sarah Yendell,  
Contacts: 07974 726036 or yendellshub@gmail.com

Class: Seated Mobilise,  
Description: Low impact chair-based exercise,  
Suitable for: All ages and abilities,  
Standing tolerance: Exercises are completed seated,  
When: Tuesdays at 12pm,  
Where: Yendell's Health and Wellness Hub,  
Cost: £8.50 per session – weekly and monthly membership options,  
Instructor: Sarah Yendell,  
Contacts: 07974 726036 or yendellshub@gmail.com

Class: Swing, Stretch and Relax,  
Description: Low impact chair-based exercise,  
Suitable for: All ages and abilities,  
Standing tolerance: Exercises are completed seated,  
When: Wednesdays at 11am,  
Where: Yendell's Health and Wellness Hub,  
Cost: £8.50 per session – weekly and monthly membership options,  
Instructor: Sarah Yendell,  
Contacts: 07974 726036 or yendellshub@gmail.com  
Website: <https://www.yendellshub.com/classes>

Class: Chair Based Exercise,  
Description: Low impact chair-based exercise,  
Suitable for: Anyone age 66+ or age 50+ with GP referral,  
Standing tolerance: Exercises are completed seated,  
When: Thursdays at 10.30am  
Where: Victory Swim and Fitness Centre,  
Cost: £5.05 per session  
Contacts: Book direct - 01692 409370 or by GP referral

## **North Walsham (continued)**

Class: Escape Pain – Hips and Knees  
Description: Six-week hip and knee exercise course,  
Suitable for: People with chronic hip and knee conditions,  
Standing tolerance: Tailored exercise for people with restricted mobility,  
When: Tuesdays,  
Where: Rossis Leisure,  
Cost: None (NHS service),  
Instructor: East Coast Community Healthcare,  
Contact: By GP referral only

Class: Escape Pain – Back  
Description: Six-week back exercise course,  
Suitable for: Anyone age 66+ or age 50+ with GP referral,  
Standing tolerance: Tailored exercise for people with restricted mobility,  
When: Fridays at 2pm,  
Where: Victory Swim and Fitness Centre,  
Cost: £4 per session,  
Contacts: Book direct - 01692 409370 or by GP referral

Class: Aqua Aerobics,  
Description: Low impact workout in the pool,  
Suitable for: All ages and abilities,  
Accessibility: Step access or hoist into pool,  
When: Mondays, Tuesdays, and Wednesdays at 9am,  
Where: Victory Swim and Fitness Centre,  
Cost: £5.05 per session,  
Contacts: Book direct - 01692 409370

Class: GP - Aqua class,  
Description: Low impact workout in the pool,  
Suitable for: Anyone age 66+ or age 50+ with GP referral,  
Accessibility: Step access or hoist into pool,  
When: Tuesdays at 2.30pm,  
Where: Victory Swim and Fitness Centre,  
Cost: £4.75 per session,  
Contacts: Book direct - 01692 409370 or by GP referral  
Website: <https://www.everyoneactive.com/centre/victory-swim-and-fitness-centre/>

Class: Aquafit,  
Description: Low impact workout in the pool,  
Suitable for: All ages and levels of fitness, non-swimmers welcome,  
Accessibility: Step access into pool,  
When: Tuesdays and Thursdays 8.30am and 9.45am, Saturdays at 10am  
Where: Rossis Leisure,  
Cost: £10.50 per session for non-members,  
Contacts: Book direct - 01692 404966 or [reception@rossisleisure.com](mailto:reception@rossisleisure.com)  
Website: <https://www.rossisleisure.com/exerciseclasses>

## **Sheringham**

Class: Paracise,  
Description: Low impact exercise to improve flexibility and balance,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Can be completed seated or standing, no floor work,  
When: Fridays at 10am,  
Where: Sheringham Community Centre,  
Cost: £5 per session,  
Instructor: Fiona Riley,  
Contacts: 07771 650 929 or friley@gmail.com

Class: Regular Longevity class,  
Description: Low impact exercise to tone, stretch and strengthen,  
Suitable for: All ages and levels of fitness,  
Standing tolerance: Exercises can be adapted for all abilities,  
When: Fridays at 11.30am  
Where: Sheringham Community Centre  
Cost: £6 per session,  
Instructor: Annamarie Sterne,  
Contacts: 07989 285599 or stretch@daytimefitnessclasses.co.uk  
Website: <https://www.daytimefitnessclasses.co.uk/>

Class: Chair Pilates,  
Description: Low impact chair-based Pilates,  
Suitable for: All ages and abilities,  
Standing tolerance: Exercises are completed seated,  
When: Mondays and Fridays at 11am,  
Where: The Lighthouse Community Church,  
Cost: Yes (details not available),  
Instructor: Sally King,  
Contacts: Arrive early to speak to instructor directly

Class: WellNow!  
Description: Low impact exercise to improve health and wellbeing,  
Suitable for: All ages and abilities,  
Standing tolerance: Can be adapted for people with restricted mobility,  
When: Wednesdays at 9.30am,  
Where: Sheringham Community Centre,  
Cost: £7 per session,  
Instructor: Liz Adams,  
Contacts: 07962 990283 or lizadams.wellnow@hotmail.com

## **Sheringham (continued)**

|                     |  |
|---------------------|--|
| Class:              | Escape Pain – Hips and Knees,                          |
| Description:        | Six-week hip and knee exercise course,                 |
| Suitable for:       | Anyone age 66+ or age 50+ with GP referral,            |
| Standing tolerance: | Tailored exercise for people with restricted mobility, |
| When:               | Tuesdays at 2pm and Thursdays at 6pm                   |
| Where:              | The Reef Leisure Centre                                |
| Cost:               | £4 per session,  |
| Contacts:           | Book direct – 01263 825675 or by GP referral           |

## **Stalham**

|              |   |
|--------------|---|
| Description: | There are no scheduled exercise classes. However, there is a community gym that is open throughout the week. They create bespoke fitness programmes for individuals that can be adapted for people with reduced mobility including wheelchair users. The gym is located on the first floor, but there is lift access to it. |
| Where:       | Stalham Community Gym - The Poppy Centre,   |
| Cost:        | Membership packages start from £25 per month,   |
| Contacts:    | 07547 321874 or stalhamcommunitygym@gmail.com   |
| Website:     | <a href="https://www.stalhamcommunitygym.org.uk/">https://www.stalhamcommunitygym.org.uk/</a>   |

## **Swafield**

|                |   |
|----------------|---|
| Class:         | Aqua Zumba,                                       |
| Description:   | Dance inspired Zumba class modified for the pool, |
| Suitable for:  | All ages and levels of fitness,                   |
| Accessibility: | Step access into pool,                            |
| When:          | Tuesdays at 7pm                                   |
| Where:         | Brookmeadows Pool,                                |
| Cost:          | £6 per session,                                   |
| Instructor:    | Tina Marie,                                       |
| Contacts:      | 07341 360389 or tmariefuller1@gmail.com           |

## **Trunch**

|                     |                                 |
|---------------------|---------------------------------|
| Class:              | Chair Yoga,                     |
| Description:        | Low impact chair-based yoga,    |
| Suitable for:       | All ages and levels of fitness, |
| Standing tolerance: | Exercises are completed seated, |
| When:               | Wednesdays at 12pm,             |
| Where:              | Trunch Village Hall             |
| Cost:               | £6 per session,                 |
| Instructor:         | Allie Laureth,                  |
| Contacts:           | 07471 904921                    |

## **Wells-next-the-Sea**

Class: Seated exercise,  
Description: Low impact chair-based exercise,  
Suitable for: All ages and abilities,  
Standing tolerance: Exercises are completed seated,  
When: Tuesdays and Thursdays at 10am and 11am,  
Where: The Old Cottage Hospital,  
Cost: Yes (details not available),  
Contact: Sue Gathercole,  
Tel: 07774 245810  
Website: <https://www.coastalhealthwellbeing.org.uk/fitness-classes>

Class: Paracise class,  
Description: Low impact exercise to tone, stretch and strengthen,  
Suitable for: All ages and abilities,  
Standing tolerance: Exercises can be completed seated or standing,  
When: Thursdays at 1.30pm  
Where: The Old Cottage Hospital,  
Cost: £6 per session,  
Contact: Amy Emerson,  
Tel: 07769 110532,  
Website: <https://www.coastalhealthwellbeing.org.uk/fitness-classes>

## **Weybourne**

Class: WellNow!  
Description: Low impact exercise to promote health and wellbeing,  
Suitable for: All ages and abilities,  
Standing tolerance: Can be adapted for people with restricted mobility,  
When: Wednesdays at 2.30pm,  
Where: Weybourne Village Hall,  
Cost: £7 per session,  
Instructor: Liz Adams,  
Contacts: 07962 990283 or lizadams.wellnow@hotmail.com

## **Worstead**

Class: Pilates – standing and sitting class,  
Description: Low impact Pilates exercises,  
Suitable for: All ages and abilities,  
Standing tolerance: Exercises can be completed seated or standing,  
When: Thursdays at 4pm,  
Where: Worstead Village Hall,  
Cost: £28 per month,  
Instructor: Boo Williams,  
Contacts: 07717 473600 or boolong7@hotmail.co.uk