

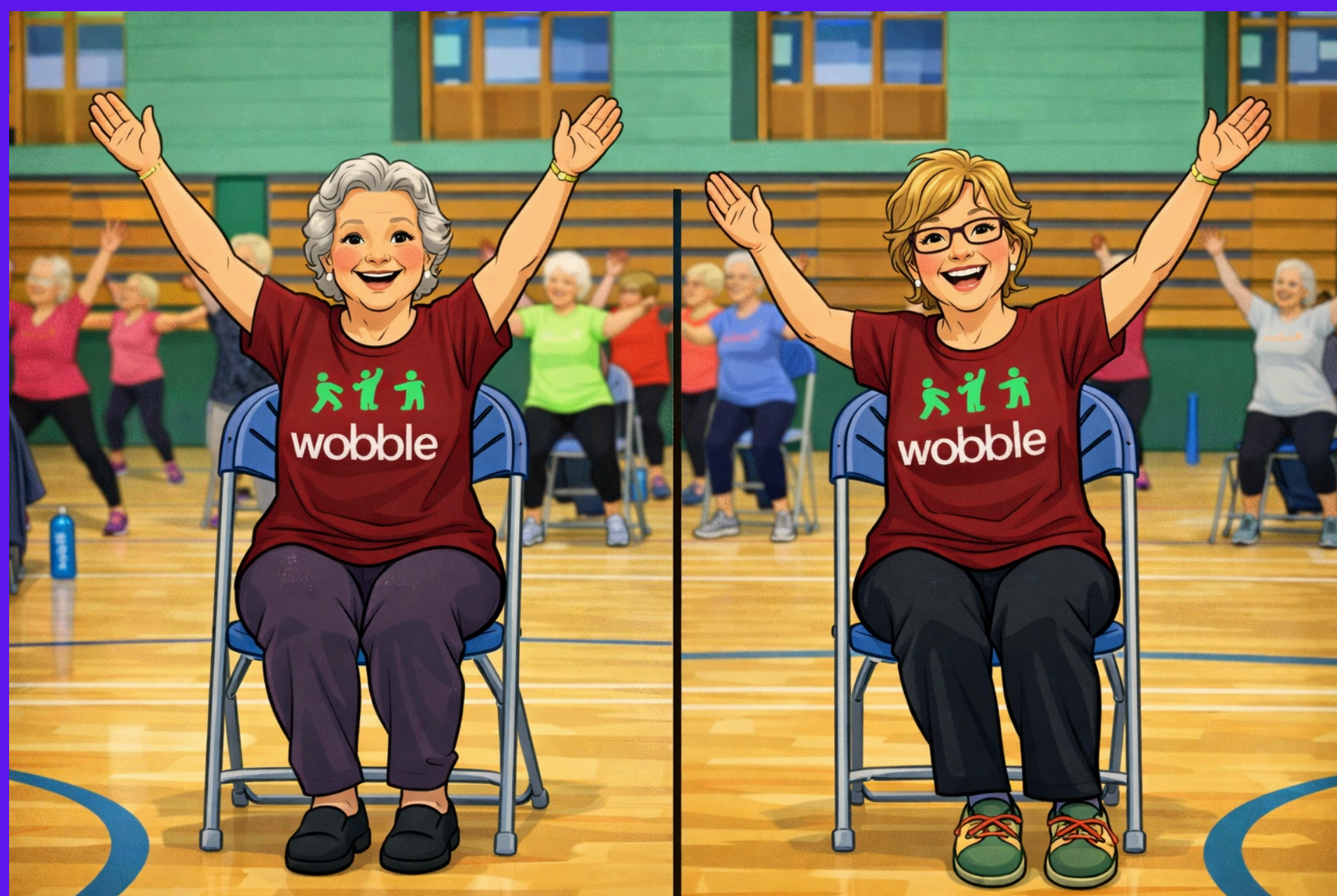
Wobble™ - Seated Exercise

What is Wobble?

Wobble is seated and ideal for those who want to improve or maintain their physical and mental wellbeing.

Inactivity, ageing, illness or injury can result in a loss of functional ability. Wobble focuses on exercises that help to improve strength, mobility and confidence.

Plus it's sociable, fun and will boost your happy hormones!



Just turn
up - £6

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