

OTAGO Exercise programme

Strength & Balance classes for Older Adults

An exercise programme to improve your balance, mobility, strength and stamina

Effective falls and fracture prevention will make a positive difference to the lives of people living in Northamptonshire
www.northamptonshire.gov.uk/falls

Participate in a specialist falls prevention exercise programme. Individually prescribed and delivered by qualified OTAGO trained instructors.

Contact your local centre for more information.

First for
Wellbeing 



Northamptonshire
County Council

Northamptonshire
sport
The Voice For Sport

www.northamptonshiresport.org

NORTHAMPTONSHIRE OTAGO EXERCISE PROGRAMME

CORBY	West Glebe Pavilion, Cottingham Road, Corby, NN17 1SZ Fridays 2.45pm - 3.30pm (starting 27th January 2017) £3 per session. To book: Call 01536 204217
DAVENTRY	Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP Wednesday 12pm - 1pm (starting 11th January 2017) £3 per session or £30 for course (12sessions) To book: Call 01327 871144
RUSHDEN	Serve, 19 Church Street, Rushden, NN10 9YU Thursday 1.45pm - 2.30pm (starting 12th January 2017) Friday 10.30am - 11.15am (starting 13th January 2017) £2 per session. To book: Call 01933 315555
RUSHDEN	The Pemberton Centre, H.E.Bates Way, Rushden, NN10 9YP Tuesday 1pm - 2pm (starting 10th January 2017) £3 per session/£30 for 12 week course/£59.95 course and full membership for 12 weeks. To book: Call 01933 350324
THRAPSTON	The Nene Centre, Cedar Drive, Thrapston, NN14 4JY Wednesday 1pm - 2pm (starting 11th January 2017) £3 per session/£30 for 12 week course/£59.95 course and full membership for 12 weeks. To book: Call 01832 734090
NORTHAMPTON	Abington Bowls Club, 12 Park Avenue, Abington, Northampton, NN3 3AA Wednesday 10.30am - 11.30am (starting 11th January 2017) £3 per session/£30 for 12 week course. To book: Call 01604 366976
RUSHDEN	Imperial Court, Duck Street, Rushden, NN10 6RY Wednesdays 3pm - 4pm (starting 18th January 2017) £3 per session. To book: Call 01933 315116
WELLINGBOROUGH	The Waendel Leisure Centre, Thomas Street, Wellingborough, NN8 1DZ Thursday 2pm - 3pm (starting 9th February 2017) £2.75 per session. To book: Call 01933 221622
NORTHAMPTON	Duston Sports Centre, Cotswold Avenue, Northampton, NN5 6DP Tuesday 11am - 12pm (starting 21st February 2017) £3 per session. To book: Call the centre on 01604 838333
NORTHAMPTON	Lings Forum Leisure Centre, Wellingborough Road, Northampton, NN3 8JR Wednesday 2pm - 3pm (starting 22nd March 2017) £3 per session. To book: Call the centre on 01604 838333