



Media Release

Thursday 12 February 2015

Move and sing your way to fitness

Move it to Music is back this year at the Rolleston Community Centre.

Held on a Wednesday from 1.15 to 2.15pm, the class is aimed at getting adults back into exercise and is a fun and motivational way to get in shape.

Move it to music includes a gentle warm up, low impact aerobic routines and relaxing cooling down stretches with participants either standing or sitting.

They move and sing to a variety of music, including ABBA and Neil Diamond.

Class instructor Jan McKay says Move it to Music is designed for older people with limited mobility, and helps get them out of the house, moving around and meeting other people.

“It is a very social exercise class that is great for people with arthritis or for people recovering from illness or operations. The class also covers exercises for fall prevention which is helpful for older people.”

Jan says she definitely notices an improvement in regular participants. “Many of the attendees visit their doctors for a check-up and are pleasantly surprised to see the improvement they have made.”

The class is also suitable for people with limited mobility, for example people who have had a stroke as people can also participate sitting down.

Regular attendee Anna Roberts says they always have a laugh. “It is a very inspiring class, and I’ve made some great friends here.”

Tea and coffee are available after each class where participants can socialise.

Move it to Music classes are \$3. Bookings are not required.

Lincoln Event Centre also have a Low Impact for Seniors class which is aimed at getting older people back into fitness. Circuits involve spin bikes and free weights. These classes run on Wednesdays from 11-11.45am and are \$5 per class.

Photos: Jane Maynard performs arm raises (L-R: Kath Johnston, Maureen Dunlop, Pauline Allen, Anna Roberts).

Selwyn residents taking part in a low-impact workout which is beneficial for arthritis (L-R: Joy Lawrence, Helen Haywood, Pauline Allen, Anna Roberts, Jane Maynard).

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