



Mature Movers

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Main activity

Mature Movers is a web-based platform that makes finding and accessing group rehabilitative exercise quick and easy for people over 60.

We offer exercise classes focused on improving physical independence in later life by delivering classes that improve mobility, balance, strength and coordination. We realise that finding suitable solutions to increase physical activity levels that are enjoyable can be high level detective work which is why we have created a simple website that recommends the most appropriate classes based on your needs and requirements and then you can access them through the membership platform.

Mature Movers has a sister company called Exercise for Older Adults which is a UK based personal training company specialising in exercise for people over 60. We support individuals living with chronic health conditions or or mobility challenges, as well as organisations focused on ageing, disability and mental health.

Who is welcome or qualified to join?

Beginners

Experienced

Over 55's

What is the route for a new starter?

Free taster session

Introductory course

Buddy/bring a friend

1-1 introduction

How can new members engage and try?

We currently run four daytime classes for older adults: Pembury - Tuesday 11am - £7 per class or £20 per month, New Ash Green - Monday 2.30pm - £7 per class or £20 per month, Riverhead - Tuesday 2pm - classes provided free thanks to National Lottery funding, Swanley - Monday 1pm - classes provided free thanks to National Lottery funding

New members are welcome to turn up or email us in advance. These classes can also be booked online. We will also shortly be introducing a 6-week introductory programme in Falls Prevention in the Sevenoaks area. More details to follow.

Costs

Pay as you go - £7 per class at Pembury and New Ash Green Alternatively pay £20 per month We run special promotions from time to time for free tasters.

If you offer support for low income families please give an outline

We currently offer free classes in Riverhead and Swanley

We offer.....

Members are taught and encouraged to maintain healthy lifestyles by our qualified coaches

What do new members need to bring?

Sensible shoes like trainers and comfortable clothes (avoid jeans)

What do new members gain in the first 8-12 weeks

Learn basics safely

Confidence

Improvement in mobility/balance

Improvement in memory

New friends

New skills

What is the club trying to achieve?

A gain in beginner participation

Supporting local health & wellbeing

Keeping costs accessible

Community

We have found that many Mature Movers users may feel isolation due to their conditions and so we offer social opportunities and aspects in our sessions ensuring that during each session we take the time to care and talk to our users.