

LET'S  
MOVE  
Essex



 Active Essex

**VERSUS  
ARTHRITIS**

# FREE EXERCISE CLASSES FOR PEOPLE WITH ARTHRITIS

## Classes available across Basildon and Braintree

**Versus Arthritis** are working in partnership with Active Essex to provide **free** group exercise classes for people with arthritis and musculoskeletal conditions.

A range of accessible classes are available, delivered across a free to access 12 week programme.

All sessions are delivered by experienced and fully qualified instructors who have been trained to understand the needs of people living with MSK conditions and how to support them to build activity into their lives.

*Find out more about sessions in your area overleaf.*

[www.versusarthritis.org/essex](http://www.versusarthritis.org/essex)

# Classes across Basildon and Braintree from February 2023

Pre-registration required for all classes., forms  
available via website [www.versusarthritis.org/essex](http://www.versusarthritis.org/essex)



**Braintree Sport & Health Club, Braintree**  
Mondays from 27th Feb, 2pm - 3pm



**Laindon Community Centre , Laindon**  
Mondays from 27th Feb 11am - 12pm  
&  
Wednesdays from 8th March 11am - 12pm



**The Place, Basildon**  
Wednesdays from 1st March, 1:30pm -2:30pm



**Witham Leisure Centre, Witham**  
Wednesday from 1st March 1pm - 2pm  
&  
Fridays from 10th March , 11am -12pm



**Braintree Swimming & Fitness Centre, Braintree**  
Wednesdays from 8th March, 2pm - 3pm



**Online classes** starting Thursday 2nd March , 6pm-7pm

For more information on the instructors and to  
book your place

[www.versusarthritis.org/essex](http://www.versusarthritis.org/essex)  
or call 03007900433



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