



# Funded by UK Government

## Build strength, feel better

This five-week course will focus on low-impact exercises. The course is aimed to support people with long-term health conditions to build strength. Your tutor will help you to adapt the movements, so they suit your needs. Join us in this supportive class to get stronger and feel better.

Starts on Friday 12 June 2026 for five weeks  
1.30pm to 3.30pm

At Cotmanhay and Ilkeston ACE Centre, Bennerley Avenue, Cotmanhay,  
DE7 8PF

Visit: [www.derbyshire.gov.uk/adulteducation](http://www.derbyshire.gov.uk/adulteducation) or  
call 01629 531807 for more information



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