



## **Patricia, Genie and Bev “Get Fit for Life” ladies weekly fitness class...**

Patricia, Genie and Bev all hail from Langworthy and attend our free weekly ladies fitness class (Tuesday 10.30 – 11.30). Patricia and Genie have been coming to the Cornerstone since it first opened and have attended various other classes here over the years, including keep fit, bums and tums and pilates. They currently also both attend our Zumba classes. Bev is new to us and was really surprised to discover that the class is free. She never knew what went on here and had never ventured into the building before. She is now going to use our Chimney Pots cafe to meet her friend.

Patricia feels that the Cornerstone is “a marvellous centre for Salford people to use”. Genie likes the fact that there are lots of things under one roof and is currently registered with the GP surgery here.

All three ladies commented that they get a range of health and wellbeing benefits from attending these classes. As well as physical benefits they all feel it improves their mood.

The class is made up of a core of regulars which they call “us lot” but new people join all the time. They feel that this is a “comfortable class with women of all different ages and abilities” and that they can “work at our own level and there is no pressure and no “posy” people”.

The ladies would all like to see more fitness classes running at the Cornerstone.