Blood Sugar Balance

Fridays 12:30pm

Guided by a Type 1 Diabetic Trainer who gets it, this class enhances insulin sensitivity, wellbeing, and long-term health through science-led exercise tailored to your body and goals.

Suitable for both type 1 & 2 Diabetics

Please note that all classes must be booked in advance.

chanctonburyleisure.co.uk

Join today: 01903 681220 / enquiries@ccleisure.org

CHANCTONBURY LEISURE CENTRE
Providing a healthy community