

Abbotsleigh Care Home residents enjoy some G Fitness fun



We have some energetic residents here at Abbotsleigh Care Home!

We had some April showers outside recently, so we kept busy inside with the excellent **Henry from G Fitness** and his wonderful music.

Everyone really got involved in the **lively exercise session**, using **resistance bands** and working both the upper and lower body.

Well done everyone, a great workout!

