

G Fitness and bowling at Abbotsleigh Care Home



We have been lucky again at Abbotsleigh Care Home to have a super visit recently from Henry, our exercise expert from G Fitness.

He got our residents involved in his fantastic **chair exercises**. They loved the **music** he played and enjoyed getting moving to the beat.

We also had a go at **bowling** last week, when our ladies and gents tried both **table bowling** and also the **floor version**.

We saw many strikes!



Trying our hands at bowling...