



I joined this class in the summer of 2012, not expecting too much but with an open mind and a desire to get more fit alongside the swimming I already undertake. I had already given up smoking soon after my diagnosis, which was helping, but I could not envisage how good this class was going to be.

Mark takes us through our paces mainly with exercise bands (these are provided free and on loan). The exercises are gentle but challenging and they include floor, leg and upper body stretches. After only a few weeks of attending the class I began noticing a significant difference in my overall body, bone and strength, and in particular, my upper arm and chest strength. I was now able to carry heavy bags and wheel my suitcase when travelling, for longer lengths of time than before. My swimming also improved.

I could not believe that one hour a week spent in Mark's class could make such a difference. He is challenging (which we prefer) but also takes care not to push us too far if we are not able to manage an individual exercise.

The class is also fun. Mark Wild is a fantastic teacher for us and I can speak for all of us when I say we are all benefitting.