



**Friskis&Svettis Aberdeen** was granted full membership of the legendary Sweden based Friskis&Svettis organisation in January 2005. This made us part of a fast growing voluntary sports association, which now has 370,000 members in Scandinavia and over 4,000 elsewhere in Europe.

In September 2003, the Aberdeen association made an important addition to our activities: the **Open Doors** classes.

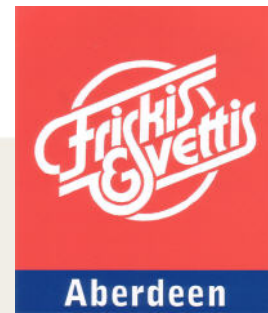
The Leader training and classes are financed by the "Special Projects Fund", which was set up by Aberdeen members after two years of fundraising.

All leaders conduct the classes on an "expenses only" basis or, quite often, at their own expense

For information on classes, please pick up a class list from any F&S class; telephone Johanna on 01569-767288; Jackie on 01224-648171; or see our website...

[www.fsaberdeen.co.uk](http://www.fsaberdeen.co.uk)

Printed Feb 2007



# OPEN DOORS

to fitness





*No matter how able or unable you feel, you can join in*

**Open Doors** is an action packed and inspiring Swedish fitness class, adapted specially for anyone with a disability.

The class concept centres on pleasure and joy of movement. You are here to enjoy exercising to inspirational music, and experience rhythm, energy and togetherness. This is an exercise class which will “open doors”, not least mental ones.

You will train aerobic fitness (i.e. Your heart and circulation), strength, balance, agility and stability. Sometimes we use equipment.

The class lasts one hour and ends with stretches and a nice relaxation.

The class is usually conducted by a team of two leaders, one standing and one in a wheelchair.

The programme and the movements are designed to enable everybody to interpret them each in their own way, regardless of individual ability.

The session can be tough and sweaty if you want, but it is quite possible to take things more easily. Each participant works out to his or her own ability.

**Friskis&Svettis** exists to inspire people of all ages and abilities to exercise regularly in safe effective and enjoyable ways.