

Would you like to enhance your strength, flexibility and balance while enjoying the social benefits of exercising as a group?

MS Ireland run both Physiotherapist led Exercise Classes and Yoga Classes in the South East Region. We would love to see more people availing of these classes. Classes are available both in person and online depending on demand and the availability of instructors in an area.

### What People Say

*I thoroughly enjoy the class as I find exercise is beneficial to both mind and body. It gives me more energy, makes me feel good about myself and it is lovely to chat with other people in the class*

**REGISTER NOW**

**MS Ireland**

**056 7777771**



[southeast@ms-society.ie](mailto:southeast@ms-society.ie)

<https://forms.office.com/e/eE0R0qv5gh>

### Physiotherapist led exercise classes:

- Tuesdays at 10am and 11.45am in Wexford Town
- Tuesdays at 2pm online
- Wednesdays at 10am and 11am online
- Fridays at 10am and 11am online



### Yoga classes:

- Mondays at 11am in Clonmel
- Mondays at 12.45pm in Waterford
- Tuesdays at 10am & 11.15am online
- Thursdays at 10am & 11.50am in Wexford