



Welcome to ChairTastic! LifeDock's new Chair-Based exercise programme

Welcome to ChairTastic!, our reformatted Chair Based Exercise course.

This new format offers two dynamic options to get people of all abilities moving, laughing and having fun – all while staying seated.



The ChairTastic! programme builds on the success of our original Chair-Based Exercise course, but now it's even more adaptable for a wide range of settings, from community centres, care homes, day centres and leisure centres.

1: ChairTastic! Fun:

Bringing energy and music to create lively, upbeat routines that will have care home groups singing, laughing, and moving. We've added some flair with pom poms, balls, scarves, and hoops to make every session a blast! This format is ideally suited to care home participants

2: ChairTastic! Functional:

A structured session designed to boost mobility, strength, and flexibility, helping participants feel stronger and more capable. This format is ideal for participants attending community or leisure centres. ChairTastic! enables the leader to create a chair based exercise session tailored to the abilities of the people they support. They can choose Fun or Functional, or mix and match both. Most importantly their sessions will be engaging, fun and pitched at exactly the right level to keep participants coming back for more!

Dates: Friday 13 & 27 Feb 2026

Time: 10:00am – 4:30pm

Location: Lough Moss Leisure Centre,
Hillsborough Rd, Carryduff, Belfast BT8 8HR

