 

## Seated Exercise

**Browns Court** , Atkinson Road, Ashby LE65 2LZ

![C:\Users\mel.CONCERNLR.011\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3G341BKC\shutterstock_27248263[1].jpg]()

Every Friday

 3pm – 4pm

 7th September - 23rd November 2018

     £3 per session or 12 weeks for £30

|  |
| --- |
| These classes are a fun way to improve flexibility, strength & balance. Come along, join in & make new friends! Classes led by Danny ☺ |

To book a place please contact Rachel Hudson on:

 01530 454558 Or Just Come Along!