



**Come &
try your first
class FREE**

**“ I love the fun
and friendship,
it’s given me a
new lease
of life! ”**

**Turn back the clock with our fun
and friendly exercise classes to
improve your**

- ✓ balance & confidence
- ✓ mobility & flexibility
- ✓ strength & independence

**MOVE IT
OR LOSE IT!®**

Claire Britton

Fridays 3.30 to 4.30pm (starting 5 July 2019)

£5 per class

Cuddington & Sandiway Village Hall
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