 

## Seated Exercise

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



Every Friday

3pm – 4pm

7th September - 23rd November 2018

     £3 per session or 12 weeks for £30

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| 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!