 https://scontent-lhr3-1.xx.fbcdn.net/v/t1.0-1/c0.1.50.50/p50x50/25567_366757607895_7494887_n.jpg?_nc_cat=0&oh=aaeb362b8743d0d3f010f6b6504bce60&oe=5B8F100A 

## Seated Exercise

## Marlborough Square Methodist Church

Coalville LE67 3WD



Every Wednesday

(June - September 19th 2018)

11am – 12noon

£3.50 per session

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| These classes are a fun way to improve flexibility, strength & get fit. Come along & join in & make new friends! |

Contact : Elspeth on 07788 235 573