



FIT VILLAGES

NEW Gentle Chair-based Exercise Class at Stradbroke Community Centre

FREE TASTER SESSION

Monday 23rd September 2-3pm

Followed by a weekly class for only £4

Gentle chair-based movements with a local experienced physiotherapist, focused on strength, balance and stretching. A great way to do some light activity and meet new people. Come and have a go, all are welcome! Light refreshments provided afterwards.

For more information or to book call

Lisa Kippen on:-

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