



SDAY 10-11AM

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QUALIFIED INSTRUCTOR

gentle exercise class to music for the over-65s. Suitable for all ages, targeting balance, mobility, and strength. Finish off with relaxation. A variety of seated with or without support (optional) exercise. You will soon notice a difference in your health, confidence - you will have some fun too & make

& Chair Aerobics
gentle exercise

Try the first session
for FREE

Every Tuesday
10-11am (£2.00 per session, £10.00 for 5 sessions, £20.00 for 10 sessions, £30.00 for 15 sessions, £40.00 for 20 sessions, £50.00 for 25 sessions, £60.00 for 30 sessions, £70.00 for 35 sessions, £80.00 for 40 sessions, £90.00 for 45 sessions, £100.00 for 50 sessions, £110.00 for 55 sessions, £120.00 for 60 sessions, £130.00 for 65 sessions, £140.00 for 70 sessions, £150.00 for 75 sessions, £160.00 for 80 sessions, £170.00 for 85 sessions, £180.00 for 90 sessions, £190.00 for 95 sessions, £200.00 for 100 sessions)

Also suitable for people with a wheelchair & any limited mobility

CARLTON