

Get Out in action
Get Active

NEW!

Movement to Music



CHAIR BASED EXERCISE CLASS

FOR ALL ABILITIES &
DISABILITIES

Join Charlotte for gentle chair exercises to music. This class is very inclusive and is suitable for everyone, any disability or health condition.



Standing or
chair-based

Starting Wednesday 26th April

Age Concern 19/21 Cattle Market, Sandwich, Kent
CT13 9AP

14.00-15.00pm

FREE OF CHARGE

Email: goga@yourleisure.uk.com

Call: 01304 614237



TO
BOOK

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