

EXERCISE FOR FITNESS & HEALTH



TUESDAY MORNING

10.00 - 11.00AM and

THURSDAY MORNING

11.00-12.00 NOON

IN THE COMMUNITY HALL

WITH LOULLA WATSON

THIS IS A FREE CLASS

(DONATIONS ALWAYS WELCOME)

VARIATIONS & ADAPTIONS TO SUIT ALL

LEVELS OF FITNESS

COME ALONG AND TRY IT OUT FOR YOURSELF

