

Chair-based
exercise for

OVER 50s

**RENEW & IMPROVE YOUR
PHYSICAL FITNESS** with a SEATED
exercise class

WEDNESDAYS at 12PM -1PM

Difficulty with hips, knees, back and feet?

SIT & GET FIT! Improve your strength, cardiovascular and mobility whilst **SITTING DOWN** as well as spending time with others and being social.



**Taught by a LEVEL 4 CIMSPA REGISTERED INSTRUCTOR with
over 20 years experience teaching the 50 plus age group.**

**Subsidised at £3 PER CLASS (reviewed yearly) - To register
just turn up on the day**

DAY & TIME: Wednesday at 12pm – 1pm

**VENUE: Mascalls Meeting Rooms, Off Victoria Way,
Charlton SE7 7TT**