



EVERY TUESDAY CHAIR AEROBICS

****EXERCISE FOR THE ELDERLY AND DISABLED****

COME AND JOIN IN **EVERY TUESDAY 11.30 – 12.30**

AT SASSOON MEWS COMMUNITY CENTRE.

SUPPORTING THE PEOPLE FROM APATHY TO ACTION IN
WELLINGBOROUGH

**FITNESS CLASS
CHAIR AEROBICS**

**WITH GARFIELD
FROM XTRA ENERGY**

**COME AND GET FIT
AND HAVE FUN!**

**PROVIDED &
FUNDED BY
COMMUNITY
ONE/W.A.C.A &
N.C.C BRICKHILL &
QUEENSWAY
COUNCILLOR
E.COOMBE**

**PRICE: £2.50 PER
SESSION**

**SASSOON MEWS
COMMUNITY CENTRE**

SASSOON CLOSE
OFF SHELLEY ROAD

EVERY TUESDAY

11.30 – 12.30

Please contact Laura for
details on 01933222095