



## **EXERCISE CLASSES FOR THE OVER 50s**

***ALL EXERCISES CAN BE DONE SEATED OR STANDING***

<b>DAY</b>	<b>TIME</b>	<b>VENUE</b>
MON	10.00AM	FAKENHAM – THE GALLOW
MON	12.00PM	SWAFFHAM – ASSEMBLY ROOMS
MON	1.00PM	SWAFFHAM – ASSEMBLY ROOMS
TUES	10.00AM	SWANTON MORLEY – VILLAGE HALL
TUES	11.00AM	SWANTON MORLEY – VILLAGE HALL
WED	10.00AM	BAWDESWELL – VILLAGE HALL
WED	11.30AM	BAWDESWELL – VILLAGE HALL
THUR	11.00AM	SWAFFHAM – ASSEMBLY ROOMS
THUR	1.15PM	FAKENHAM – COMMUNITY CENTRE
FRI	10.00AM	BAWDESWELL – VILLAGE HALL

**£6.00 PER CLASS - BOOKING ESSENTIAL**

FOR MORE INFORMATION OR TO BOOK YOUR PLACE CALL:

**JO: 07941 086603 OR SAM: 07925 602862**

**THE SESSIONS ARE SET TO GREAT MUSIC AND INCLUDE;  
FLEXIBILITY, AEROBIC, STRENGTH AND BALANCE EXERCISES**

COME AND HAVE SOME FUN WHILST GETTING STRONGER AND FITTER

**ENJOY A CUPPA AND A CHAT AFTER CLASS AT SOME OF OUR VENUES**