Keep Active with Jo & Sam

CLASSES

w/c 26th October

MON — Fakeham Gallow 10am / Swaffham Assembly Rms 12 or 1pm

TUES — Swanton Morley V.H. 10 or 11am.

WEDS — Bawdeswell V.H. 10 or 11.30am.

THURS — Swaffham Assembly Rms 11am / Fakenham Comm. Centre 1.15pm.

FRI — NO CLASS



HYDRATE FEEL FUEL GREAT

STRONGER STEP WALK FURTHER

DON'T WISH FOR IT WORK FOR IT

MOVE MORE LIVE BETTER

KEEP MOVING KEEP LIVING KEEP SMILING

FUN ★ FRIENDSHIP ★ FITNESS ★ WELLBEING