

# EXERCISE CLASS FOR OVER 60'S



Aimed to improve your flexibility, aerobic health, balance and strength.

Exercises adapted to ability, can be seated or standing.

Fully qualified instructor-  
Julia Millington

For more details please contact;  
Caroline Small  
Phone: 07398 105087  
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## What else is on?

Mon 10-11am – Pilates  
Wed 10-11am – Ballroom Dancing  
Thurs 10-11am – Pilates  
Thurs 11-12pm - Zumba  
Fri 9.45-11am – Tai Chi

STARTS- FRI  
21<sup>ST</sup> JULY 2017  
11.15-12.15AM

Venue – Timperley Sports  
Club, Stockport Rd,  
Timperley, WA14 7LU



**COST - £4.50**  
*first class free*

Timperley Over 50's  
Youth Club members £4,  
new members welcome.

# FABS

Flexibility | Aerobic | Balance | Strength

