



Chair Based Exercise Class

Tuesdays 1:30-2.30pm

Beginning Tuesday 28th January

Funded by **NEAR NEIGHBOURS**
BRINGING PEOPLE TOGETHER

All are welcome to the class.

This is especially good for those who are less mobile or who have health problems which prevent them from other forms of exercise. (No Charge)

Pilates *Gold* Teacher: Wendy Caygill,
qualified exercise instructor



St Michael and All Angels Church
95 Bishop Ken Road, Harrow. HA3 7HP
020 8861 1383

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