

Gentle exercises to improve your strength and wellbeing



CHAIR BASED EXERCISE

**Great for older adults who want to boost their
mobility, posture, strength and have fun!**

Online Class in the comfort and safety of your own home

Tuesdays & Thursdays 1:30pm - 2:10pm

Starting Thursday 21st Jan 2021

Qualified chair based exercise instructor

Call Emily on 07825 840239 or email peckhamemily@gmail.com

£3 per class

LIMITED SPACES LEFT