



Classes to resume

Tuesday 11th and Thursday 13th January at 8.45am in the OT room. (Opposite the gym)

EXTEND Classes are ideal for anyone wanting to enjoy exercise in a social and fun environment.

Promote health, increase **mobility, strength and balance** whilst exercising to music from 50's through to 90's

A 45 minute class gives a top to toe exercise routine where everyone can work at their own pace and level of ability; so whether you want to use a chair or are confident standing, you should feel in safe hands.

Whether you are recently retired or determined to improve your fitness level, you will be given a very warm welcome.

Contact Judith... Unit 63 or 072 623 1013 to join us for your free trial class

“To Rest is to Rust”

