



## **EASY EXERCISES TO KEEP YOU FIT, FLEXIBLE & FULL OF FUN!**

Following the success of our 'Armchair Antics' sessions with

**OCL FITNESS INSTRUCTOR**

**JACKIE HANLEY (PSI Level 4)**

Love Lydgate have agreed to continue the class after Easter. Not sure whether it is for you? Come along to a taster class on April 9<sup>th</sup>, 10.30 in the Parish Hall Lydgate.

The session will last an hour and is suitable for all levels of fitness. The main focus will be on strengthening and balance and having some fun!

**Cost £4**

*(Loose comfortable clothing and footwear recommended)*

To book a place or for more information phone Jennifer Greenwood on 01457877935 or email [lovelydgate@btinternet.com](mailto:lovelydgate@btinternet.com)