



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

**OCL FITNESS INSTRUCTOR  
JACKIE HANLEY (PSI Level 4)**

**JUNE 3rd for 5 SESSIONS 10.30 to 11.30  
Lydgate Parish Hall**

**June 3<sup>rd</sup>, June 17<sup>th</sup>, July 1<sup>st</sup>, July 15<sup>th</sup>, July 22<sup>nd</sup>**

**£20 for all 5 sessions, payable on June 3rd please.**

Places are limited so please phone 01457877935 or email  
lovelydgate@btinternet.com to book your place.

Exercises will focus on core strength and improving balance as well as  
some Tai Chi.

**(Loose comfortable clothing and footwear recommended)**