



Registered Charity No. 1122198

EXERCISE CLASSES!

Do you want to get fit and have fun at the same time?

Come and learn Yoga and Gentle exercises

No previous experience necessary – just enthusiasm to explore these fascinating weekly exercise sessions in a friendly and informal environment.

**Classes are on Tuesday 5pm – 6pm starting on
17th Sept 2019
Balmoral Community Centre**

**Each session costs only £2
10 Sessions £20
(Membership of EAWA is just £5 per annum)**

**Please contact: Nirmal Gupta on 01702 584959
Email: nirmalgupta1@hotmail.com**

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