

# ***New:* Easy Fitness!**



**Saturday mornings**

**(10.00 am – 11.00 am)**

**from Saturday 5<sup>th</sup> November**

A new style fitness class aimed at men and women over 50.  
Come along, meet new people and mostly have fun.

Lycra not needed.

No music - so earplugs are not required!

**Contact Grant Pollock 07818478679**