



Classes start
9th January 2017

Silvercise

Fitness classes for the over 50s *

Fun and social fitness classes combining toning, stretching, conditioning and dance. Classes adapted to all abilities (including limited mobility). Open to men and women.

Stay fit and healthy, learn new exercise and dance skills, hear great music, meet great people, have great fun!

Mon: 1.45 - 2.45pm Barton St David Village Hall
Thur: 1.30 - 2.30pm Keinton Mandeville Village Hall
£3.50 drop in sessions

Contact Lena to register your interest in the
FREE taster sessions on 9th and 12th January
and find out more.

* aimed at over 50's but all adults welcome and classes adapted to suit all fitness levels

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