



Move well
Feel better
Live well



Over 60s Chair Yoga & Mobility Exercise Class

A gentle and supportive class to help you stay active, improve your mobility and feel your best.



Banners Gate Community Hall
Sutton Coldfield



£7 per class
or **£25** per month



Starting on
Monday 28th September
10.30 – 11.30am



Contact Nikki on
07411157251

All welcome