



Get Out  
Get Active

FREE until  
end of  
May 2019!

## Get the Community Moving!

Chair based exercise classes

Friday 1pm – 2pm

**Mellish Sports Centre, Kemmel Rd, Bulwell,  
NG6 9FH.**

**FREE until the end of May 2019. £2.50 per  
session thereafter.**

A fun, social and safe environment to get more active through low impact chair-based exercise. Sessions are particularly suitable for those with a disability, long term health condition or recovering from illness.

For more information or to book a place contact Naunihal Punni at [naunihalpunni@yahoo.co.uk](mailto:naunihalpunni@yahoo.co.uk) or call 07397 163822

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Nottingham



Phoenix Rehab Ltd.