



Get Out
Get Active

FREE until
end of
May 2019!

Get the Community Moving!

Chair based exercise classes

Wednesday 1pm – 2pm

Rise Park Church Hall, Rise Park, NG5 5EB.

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 or call 07397 163822

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Nottingham

