



Get Out
Get Active

FREE until end
of July 2019!
£2.50
thereafter

Get the Community Moving!

Chair based exercise classes
Mondays 9am – 10am

**The Chase Neighbourhood Centre, Robin Hood
Chase, St Ann's Nottingham, NG3 4EZ**

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



Phoenix Rehab Ltd.