



An Inclusive Exercise Class
for all Adults who want to
improve their strength
balance and mobility
Chair Based Exercises
for All Abilities

Strength & Balance Classes

"Stronger, Healthier, Happier"

Great Music Fun & Meet new friends while having fun!!
Helps Improve

- Mobility & Circulation
- Balance & Stamina
- Co-ordination

CLASSES

Wednesdays 1030am - 1130am

Every Other Thursday 230pm -
330pm FROM 14TH SEPTEMBER

West Maldon Community Centre,
Sunbury Way, Maldon
CM9 6YH

Fridays 1030am - 1130am

Octagon Room, St Marys Church,
St Mary's Ln, Maldon
CM9 5JB

**TO BOOK CALL OR
TEXT DONNA**



07727653622

beautybell78@gmail.com

ONLY!!
£4 per
Session

