

**Come and join our weekly exercise class!**

If you would like to be more active and keep fit, then this class is for you.

Our weekly class involves exercises for people of all abilities, which we do to energizing music.

We have a range of equipment if you want to work on specific muscles or increase the level of your workout.

We look forward to seeing you.

**Exercise**

**Day:**

**Time:**

**Where:**

**rts and crafts**