



Telford & Wrekin
Co-operative Council

FIT4ALL

Moving On Exercise Classes for the over 50's

Venue: Leegomery Community
Centre

Day: Friday 31st January 2025

Time: 1:00-2:00pm
Every week

Are you looking for a class which offers a creative mix of seated and standing exercises, that will help you achieve improved levels of fitness and wellbeing.

Come and Join us for a fun, friendly class
Costing just £3.00 or pre pay £10 get
four classes and save £2.00



**For More Information please contact Jude Bailey
01952 908738**