

FREE EXERCISE CLASSES FOR THE OVER 60's



At Fletchers Croft Fit Zone

Are you over 60 and want to help your body last longer for FREE ?

Come and join in the *Fun* of learning some simple exercises to improve balance, spatial awareness, co-ordination and joint mobility doing 'Parkour for Seniors'

Increasing your strength and flexibility reduces the risk of falling and helps you live a healthier life as you get older with a renewed sense of freedom and of feeling back in control.

Small group - tea/coffee and biscuits afterwards for 50p

Wednesdays 9:30-10:30

with Jackie Flowers-Leek

Starting 3 July

At the Croft Fit Zone (Adult Gym) in front of the Steyning Centre

If interested contact Clerk@steyningpc.gov.uk or call 01903 812042