



Chair Based Exercise To Music

WEEKLY SESSIONS

🎵 **FIRST SESSION FREE THEN £1 PER SESSION** 🎵

MONDAYS: SPA VIEW CHURCH, HACKENTHORPE 12pm-1pm
BRIDADIER HARGREAVES, WOODHOUSE 12.45pm-2.45pm

WEDNESDAYS: LINK, STRADBROOK 1.45pm-2.45pm

THURSDAYS: SPA VIEW CHURCH, HACKENTHORPE 11.15pm-12.15pm

FRIDAYS: WOODHOUSE LIBRARY, WOODHOUSE 11.30pm-12.30pm

**FOR MORE INFORMATION
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