

Seated Exercise Classes



Help loosen your joints and keep yourself active, healthy and feeling good.

**Every 1st and 3rd Tuesday
12.30pm – 1.30pm**

For gentle basic seated exercises to help improve mobility, muscle strength, suppleness and posture.

£4 per session with refreshments provided.

Free taster session on Tuesday 12 April 2022.

For more information please call

0333 241 2340

email info@ageukdevon.co.uk

or visit ageuk.org.uk/devon

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