

Body Moves in Seaton

For people over 50, every Tuesday in term time
11.30am - 12.30pm, £3.50 per class, first class free

Keep fit • chairobics • stretching • movement to music



Methodist Church Hall, Seaton

No need to book, just come along!

For more information call **0333 241 2340** or email **info@ageukdevon.org.uk**