



**Are you a woman over 50 in Enfield,
recovering from illness or Cancer?
Ready to get moving and get a confidence boost?**

**Join us for 12 FREE fitness sessions to boost self confidence
and wellbeing, improve fitness, energy levels, strength, balance
and coordination. Try a variety of classes to find one you love!
Suitable for all levels.**

**We will also provide information on how to use zoom for online
sessions, as well as an exercise booklet and resistance band.**

**Sessions will run every Thursday afternoon
starting 30th September 2021**

**Please contact us to book your place on 020 8375 4120
or email referral@ageukenfield.org.uk**