

# Seated Exercise to Music

with Bob Carpenter



**Aerobics**



**Tai Chi**



**Weights**

**Carpel  
Tunnel  
Stretches**

**Stretching /  
Cool Down**

**Thursday 10:30-11:30 am**

**The Linskill Centre, Linskill Terrace, North  
Shields, NE30 2AY**

**£2.50**

**For more information or to let us know your would like  
to attend, please call: 0191 287 7027**