



To increase and maintain
general fitness

Movement to Music

A fun and lively choreographed class.

Thursday
10am – 11am

Cost: £6

For more information or to sign up contact
Age UK Somerset on

01823 345624

email: ageingwell@ageuksomerset.org.uk

visit our website: www.ageuksomerset.org.uk

This class is held at:

**Backwell WI Hall Station
Road
Backwell
BS48 3QW**

Please check the class is running prior to attending