



OVER 60'S KEEP FIT CLASS

**Come and join me for a fun FREE trial Keep Fit Class
at Swanland Village Hall on Monday 7th February**

10.30am-11.30am

**Each song has a different routine that is guaranteed to
lift your mood.**

For any further questions please call Tracy

Home Number 651780 or Mobile 07958 611833

A class specially designed to put the spring back in your step!