

# Gentle exercise

The Athenaeum, Leasgill  
Every Thursday  
1.30pm - 2.30pm

Come along, keep fit and have some fun and try these taster chair based exercise classes, followed by tea and chat.

**A suggested donation of £2.50 would be gratefully received.**

If you would like more information, please contact us on [01539 728118](tel:01539728118). We will be happy to help.



**Come &  
join us**