

Time to get fitter?

- ✓ Qualified Trainer
- ✓ The sessions are free for residents of Haddonhall TMO
- ✓ Different ages and fitness levels
- ✓ One hour per week

When – Starting Thursday 3rd August 2017

Time - 11 am – 12 pm

Where – Community Room, Rephidim Street

- ✓ For more information contact the office on 020 7403 6640



- ☺ Enjoy a session of gentle exercise to tone your whole body
- ☺ Work out with old and new friends
- ☺ Improve your health and wellbeing

Remember to wear clothing suitable to exercise in