

# Uplifting Exercise

with Amy Sinclair

FREE

**Stimulating exercise that is easy on the joints  
and suitable for all ages (16+)  
& fitness levels**

**Helps boost your energy, improve flexibility,  
lose weight, and tone the whole body**

## Glasgow Gaelic School Hall

147 Berkeley St G3 7HP

**Thursdays 5.30 –6.30pm**

**17th August – 7th December 2017**

*Free Taster Sessions Till End Sept*

If you would like more information contact  
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