

Uplifting and Gentle Exercise

with Amy Sinclair

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

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

**Townhead Village Hall
Tuesdays
11.00 -12.00pm
17th Jan –28th March 2017
Free**

If you would like more information contact

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