

# WellFit

## **GENTLE SEATED EXERCISE CLASSES**

**for older or less mobile people in  
WATERS UPTON and surrounding areas in  
Waters Upton Village Hall.  
TF6 6NP**

**PRICE: £2 PER CLASS**

**REFRESHMENTS INCLUDED**

### **DATES FOR 2016**

**4th January , 18th January  
1st February , 15th February  
7th March , 21st March  
4th April , 18th April**

**Classes are from 2.30 to 3.30pm**

For more  
information please  
call

**Sarah** on

**07821 739943**

Fully qualified instructor  
REPS Level 3 accredited

**LAUGH. Have fun.  
Make new  
friends. Feel fitter  
and more active.**