

GET FITWhile You Sit

NEW CHAIR BASED EXERCISE CLASS

***Improve your overall health and
wellbeing***

Start Date: Tuesday 17th January 2023

Weekly Classes: Every Tuesday 2pm to 3pm

The Venue: West Dean Centre Bream

How To Book: Contact Helen on 07526-498717

PILATES FOR ALL

Weekly Classes: Every Tuesday 9.30Am to 10.30AM

The Venue: West Dean Centre Bream

How To Book: Contact Helen on 07526-498717

OR fitnessclasses@wordpress.com