

Mildstone Movers Gentle Exercise class

£4

Suitable for all levels of fitness
Ideal as your Fresh Start follow-on class
Tracking your weight is optional for those who aim to lose weight

Wednesdays 7.30-8.30pm
Ditton Community Centre, Widnes

Please register online: victordominic.com
Exercise is a gift you should give yourself for overall well-being

For further information on physical activity in Halton:
Call Paula Parle 0151 511 8550
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