



Over 50's

**DANCE
FOR
FITNESS**

FitnessTimetable

A low impact fun dance class suitable for the mature person with mobility and strengthening exercises. No partner required!!!!

Mon	Broom Methodist Church	10am
Mon	Wickersley Library (Zumba)	12.45
Mon	Wickersley Library	2pm
Mon	Forty Martyrs Rockingham	5.30pm
Tue	Swinton Civic Hall	10am
Tue	Conisbro Ivanhoe Centre	11.30am
Wed	Broom Methodist Church	10am
Wed	Edward Dunn Memorial Hall Maltby	11.30am
Wed	Wickersley Library	2pm
Fri	Aston Parish Hall	10am

For further information visit our website www.energisedfitness.co.uk

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