



Riversmeet
Consortium of
Extended Schools

Exercise for the Terrified!



- Would you like to start exercising but don't know where to start?
 - Are you too nervous to join a gym or a class?
- Would you like to join others who feel just like you in a friendly, relaxed environment?
 - Then this is the class for you- a gentle, non-threatening, friendly introduction!

TUESDAY EVENINGS, 7.30- 8.30pm
6 weeks, starting 26th January 2010
(no session at half term).

Yorke Mead Primary School

Only £15 for 6 weeks.

Call Helen Taunt on 07972 294072 to reserve your place or for more information.

Please note, for your own safety and well being, a simple questionnaire will be sent to you after your booking has been confirmed. All information disclosed will be kept confidential.