

# KEEP FIT

## IN YOUR COMMUNITY



### **NIFTY 50's**

A fun low impact class for anyone ages 50+.

**Mondays 10.00am to 11.00am.**

### **YOGA**

A gentle, relaxing class for any age to reduce stress, improve posture, sleep and flexibility.

**Mondays 11.15am to 12.15pm & Thursdays 6.00pm to 7.00pm.**

### **LINE DANCING**

A fun way to keep fit and active, suitable for all ages & abilities.

**Wednesdays 10.00am to 11.00am.**

**ALL CLASSES £3.00**

**Rebound Dance & Health is a Community  
interest, not for profit organisation.**

# **REBOUND**

## **DANCE & HEALTH**

**For more information call Rebound on 0151 489 4616**