

Adrienne Simons



# Fitness Friends

*especially for seniors*

## Chair Based Exercise

Taught by a Chartered Physiotherapist

- Are you 60 or above?
- Can you manage one flight of stairs?

Come along to a *fun and friendly*  
Chair Based Exercise Class (course of 6)

- improve joint mobility, strength and balance

**Venue:** Pilates Studio at Northdown House, Northdown  
Park, CT9 3TP

*Free parking outside, direct & regular bus service*

**Starts: 18th September 2014**

- *Other week days to be confirmed*

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*Do the things you want to do*  
**Keep moving, make friends, have fun!**