FREE SESSIONS

Everyone is welcome! **Every Thursday***

at Tooting Leisure Centre

*Please ring 07703 599 558 or check our website below for holiday dates when the classes are not running.

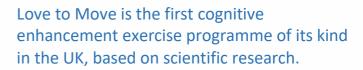






A fun, age & dementia friendly seated movement programme to music.

Physical, emotional & cognitive benefits designed to get you moving more and having fun.

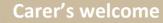


Demonstrable benefits in the physical, emotional and cognitive aspects of older people especially those living with Dementia.



just turn up!

No need to book,



For more info:

Greaves Place,

When? **Thursday**

Where?

Mary L. Wright – Tooting Gymnastics Club

Tooting Gymnastics Club (Sports Hall)

Phone: 07703 599 558

Tooting, London SW17 ONE

Class starts at 2.50pm-3.50pm

Tea & Coffee from 2.30pm

Tooting Leisure Centre

admin@tootinggymclub.co.uk Email: Website: www.tootinggymclub.co.uk

