



SIT FITT

CHAIR BASED EXERCISE CLASS

Alraham & Calveley Village Hall

Sit Fitt – a chair based exercise class for all. It's a fun & engaging way to get fitter & stronger, mobilise & improve flexibility whilst enjoying uplifting music in great company – essential for mental & physical well-being.

Bring your friends & join the fun!

Thursdays 1.30pm–2.15pm
(From Thursday 20th March)

**£20.00 for each block of
4 consecutive sessions
or £7 pay as you go**



To book a place or for more information please
contact fully trained Fitness Instructor – Vikki Huxley:



vikki@huxleycf.co.uk



07967112895

Vikki