

Start your fitness journey

Woodbury Village Hall



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Do you want to.....

- Build Core Strength?
- Improve Mobility and Flexibility?
- Improve Balance and Coordination?

Then this is the class for you!

PRICE:

**£6 PAYG or part
of the unlimited
membership**

BOOKING ADVISED

01395 446896

**Weekly Class at
Woodbury Village Hall
Flower Street,
Woodbury,
EX5 1LX
starting Mon 3rd March**

**Mondays
12.15pm - 1.00pm**



SEACHANGE
HEALTH & HAPPINESS FOR ALL



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Call: 01395 446896. Email help@seachangedevon.org

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