

GET FIT WHERE YOU SIT

GENTLE, CHAIR BASED EXERCISE



EVERY WEDNESDAY ~ 2.00 START

- **NO NEED TO BOOK—JUST TURN UP**
- **NO CHARGE**

AS MUCH ABOUT FUN AS FIT!

**NEWMARKET DAY CENTRE
FRED ARCHER WAY
NEWMARKET
CB8 8NT**

REG CHARITY NO. 290989



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