

CHAIR BASED EXERCISE

'Sit and Get Fit'

Active people live longer and healthier lives. A chair based exercise class is an easy, and enjoyable way to keep active!

Our qualified instructors will put you through your paces whilst playing some classic tunes.



Mondays (starting 3rd Feb 2020):

Aubigny Sports Centre, Haddington. 14:30pm – 15:30pm

Cost: £3.00 per class

No need to sign up, just come along and give it a try!

**For more information please contact Parvine Jazayeri, Ageing Well
Coordinator**

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