

Seated Exercise to Music

£3 per
session



Our Seated Exercise to Music classes give you the opportunity to be active at your own pace in a relaxed environment. A chance to get moving, increase your strength and socialise. Great music, great fun! No booking required, just turn up and give it a go...



Every Thursday 1-1.45pm at Castle Donington Community Hub
For more information contact : Jenny.gaunt@nwleicestershire.gov.uk

Free transport available via The Volunteer Centre – Tel: 01332-850526



Leicestershire
County Council



Castle Donington
Volunteer Centre
Community Volunteering Transport Support



ACTIVE
TOGETHER