

# KEEP FIT CLASSES

Classes  
in 3 locations  
**EVERY  
WEEK!**



- men and women all ages
- increased energy
- improved strength
- increased stamina
- Improves bone density
- Improves muscle mass
- Feels great - much more energy
- Better flexibility
- AND...More relaxed
- Chair and standing exercises

## **Drovers Centre £2**

North Road, N7 9EY

Every Tuesday 1.30pm-2.30pm

## **West Library £3**

Bridgeman Road, N1 1BD

Every Thursday 5.00pm-6.00pm

## **North Library £3**

Manor Gardens, N7 6JX

Every Thursday 6.30pm-7.30pm

For details 0798 114 2376

Wear loose clothing

 ISLINGTON



Funded by

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