

FITNESS & FUN

Exercise Class

£2.50

**Join us on Thursdays
for seated and
standing exercises,
music, chat & laughter
- improve your
posture, mobility and
circulation too!**



every Thursday

1.30pm to 2.30pm

all ages & abilities welcome!



Hilldrop
Area
Community
Association

Hilldrop Community Centre
Community Lane, Hilldrop Road ,N7 0JE
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www.hilldrop.org.uk