

KEEP FIT CLASSES

Fitness
Classes

Healthy Generations
fitness classes at the
Cat and Mouse Library

Osteoporosis

For anyone with osteoporosis, osteopenia, or high risk
Wednesdays 11.30am-12.30pm
with Petra £3

Pilates

Thursdays 11.30am-12.30pm
with Alice £3

Wear loose clothing and bring a mat

Run by local health charity Healthy Generations as part of
their Well Being project in partnership with Islington Libraries.

Cat and Mouse Library

277 Camden Rd, N7 0JN

For details 0798 114 2376

ISLINGTON

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