

KEEP FIT CLASSES

3 Classes
EVERY
WEEK!
North Library



- 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

Gentle Exercise - Free
Every **Tuesday** 1.30-2.30pm

Keep-fit - £3
Every **Thursday** 6.30-7.30pm

Remedial Osteoporosis - £3
Every **Friday** 11.00am-12.00

For details 0798 114 2376

Wear loose clothing & bring a mat

Run by local health charity Healthy Generations as part of their Well Being project in partnership with Islington Libraries North Library, Manor Gardens London N7 6JX

ISLINGTON

Funded by
 **Cloudesley**



www.healthygenerations.org.uk - 0798 114 2376