



With Lucy - Qualified Instructor
At The Courtenay Centre, Kingsteignton Road,
Newton Abbot TQ122QA

Seated Exercise for over 50s

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|------------|-------------|-----------|
| ● 5 March | 10am - 11am | Grey Room |
| ● 12 March | 1pm - 2pm | Main Hall |
| ● 19 March | 1pm - 2pm | Grey Room |
| ● 26 March | 1pm - 2pm | Grey Room |
| ● 2 April | 10am - 11am | Grey Room |