

***KEEP FIT & WELL at***  
**SHILLINGFORD ST GEORGE VILLAGE HALL**

*MONDAYS 10.00 – 11.00 am with Vicki Davidson*



Gentle exercising with Music ~ Moving,  
Stretching & Having fun!

*WEDNESDAYS 2.00 – 3.00 pm with Tom Collingridge*

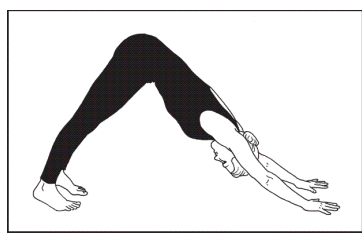
Tai Chi & Qi Gong Exercises

FROM 4<sup>TH</sup> OCTOBER



Increasing your Strength, Energy, Poise &  
Balance

*THURSDAYS 7.00 – 8.00 pm with Kate Storrie*



Yoga exercising, stretching & relaxing

*All enquiries – 832548*