## DANCERCISE FOR FITNESS AND FUN

THY LIVING CENTRE AT THE HEA With Ann-Marie



STARTING ON THURSDAY 8<sup>TH</sup> NOVEMBER

1:30 - 2:30 in the community hall **10 WEEK COURSE £2.00 PER WEEK** Please wear trainers, comfortable clothing and bring a drink For more information please call Jan on 01934 427 426



