

Get
active
50+ for longer,
healthier,
happier lives



Feel stronger and more mobile

FREE Strength & Balance taster class

Tuesday 24 October at 10am

Bourne Hall, Spring Street, Ewell, KT17 1UF

**Classes from 31 October to 19 December
£4 per class**

**For more information and to book call Nikki on 07708 748898
Email nikki@skinnyjeansfitness.co.uk**

For full list of classes in other areas visit www.activesurrey.com/over50s

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