



*The Advisory Group is Scottish
Charitable Incorporated
Organisation SC042972*

Chair Aerobics with Barbara Boyd

• New 6 week block starting 2nd of May, dates are below:

- 2nd of May 1-2pm
- 8th of May 4-5pm
- 16th of May 1-2pm
- 22nd of May 3:30-4:30pm
- 30th of May 1-2pm
- 5th of June 3:30-4:30pm

• Free to attend

• Coatbridge Community Centre, 9 Old Monkland Road
ML5 5EA

Come along and try out
some chair based aerobics
in a fun, safe & friendly
environment

For more information, contact Neil on
07795120523 or email
neil.connelly@theadvisorygroup.org.uk



money raised by
healthEngage
through



people's
health
trust