



Healthy Hearts

Starting Thursday
6th September
Skelsmergh
Community Hall
3.30pm to 4.30pm

A circuit based class available to all ages and abilities (particularly suitable for cardiac patients).

Classes begin with gentle warm ups and stretches followed by aerobic exercises.

Learn techniques to promote a feeling of well-being and help reduce stress.

For more information or to book your place contact South Lakeland CLAS

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