

# FITNESS FOR LIFE EXERCISE CLASSES

AT UPTON SURGERY



HELP IMPROVE YOUR MOBILITY  
STRENGTH AND BALANCE

Every Tuesday

10am – 11am and 11.15am – 12.15pm

**Contact Lewis Dallard 07793540545**

Every Thursday 11.30am – 12.30pm

**Contact Maddie Dawson 07811933887**

£4.00 PER SESSION