



Ageless Grace Brain Fit Body Fit

Seated Movement to Music

4 week term Thursday, 26 February, 2pm.

Rothwell Community Hall, 176 Morris Road

JOY in Motion. Fitness that feels like play.
Seated movements to music for BRAIN and
BODY fitness.
Uplift, enjoy, connect!

\$10 cash at the door to pay as you go

More information, call HeatherJoy on 0412 742593

