

ARMTHORPE PARISH COUNCIL

50+ HEALTH & FITNESS CLASS

**KEEP ACTIVE AND STAY YOUNG AT HEART
WITH THIS SENIOR GROUP FITNESS CLASS**

EVERY FRIDAY - 10 am - 11 am

ARMTHORPE COMMUNITY CENTRE

Welfare Park, Church Street, Armthorpe

This class is designed to help older adults maintain their cardiovascular health, strength and flexibility. Whether you're a veteran gym member or a newcomer, you are welcome to come along and enjoy this new senior fitness class

**Contact: Carl Hughes, Sports & Recreation Officer
Tel: 07526 791188 for more information**