

# *MOVEMENT 4 YOU*



## **EXTEND EXERCISE CLASSES IN WEST LAVINGTON**

**My EXTEND** exercise classes provide movement to music for women over-sixty

Classes improve muscle strength, co-ordination and balance.

**THURSDAYS in the Giles Room  
West Lavington Village Hall**

**10am – 11am**

**Join us, make new friends and have fun!!**

**For further details: Contact Lynne**

**Tel: 01380 812881**

**EXTEND teacher & Chartered Physiotherapist**

**Email: [lynne@movement4you.com](mailto:lynne@movement4you.com)**

