

STRENGTH AND BALANCE CLASSES

COME ALONG GET
ACTIVE WITH US



IN PARTNERSHIP WITH



DO YOU WANT TO FIND OUT HOW TO:

- IMPROVE YOUR STRENGTH AND BALANCE
- REDUCE YOUR RISK OF FALLING
- IMPROVE YOUR WELL-BEING
- MAKE NEW FRIENDS

Every Wednesday, 1-2PM

**Bloxwich Active Living Centre,
High Street,
Bloxwich,
WS3 2DA**

**ONLY
£3.50**

IF YOU ARE CONCERNED ABOUT AN OLDER RELATIVE,
FRIEND OR SOMEONE YOU CARE FOR PLEASE
CONTACT US BELOW TO BOOK A PLACE:



07979 707967 OR



07789 408180



pal.fitness@outlook.com



@palfitnesseducation



@palfitnessed



@palfitnesseducation

