

50 + KEEP FIT

50 + EXERCISE CLASS : Wednesdays 2.00 pm

For those who need a little extra care and guidance when exercising. A fun, friendly and sociable exercise class with a fully qualified and experienced instructor.

Mark Goldsmith is a fully qualified instructor and currently works with groups on the Bromley Heart Smart programme and also Bromley Primetime. Mark is particularly qualified to work with people who have, or have had various medical conditions including heart conditions, replacement hips and knees and general mobility problems.

Mark also does blood pressure checks and can offer cholesterol testing.

Even if you haven't exercised before, just come along and give it a try.

First session is free. £2.50 per session thereafter.

**For more information call
Mark on 07795 423288**

