

# Extend Exercise Classes (3.50 GBP)



Location

**South East, East Sussex**<https://www.freeadsz.co.uk/x-508930-z>

Seated Exercise to music for older people or any age with a disability/medical condition. Huge health benefits as well as lot's of fun, the class covers, Balance, co-ordination, reflexes, memory to name a few. Any questions please give me a call, Viv, on 07966641035 079666410... (click to reveal full phone number) Look forward to seeing you at St Elisabeth Church, Victoria Drive , Eastbourne, BN20 8QX, Wednesday morning 9

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