

# Seated Exercise Class

Join this friendly class to improve your fitness, strength and confidence to move more often!

£4  
per  
class



## Wallingford Sports Park

Wednesdays 10 am - 10.45 am

All you need is comfortable clothes, shoes and water  
We will welcome you in reception at each session

**To book your place please contact:**

Annalie Thomasson 07766991487

[annalie.thomasson@southandvale.gov.uk](mailto:annalie.thomasson@southandvale.gov.uk)

**GO Active**  
*Get Healthy*



Listening Learning Leading