



## LOW IMPACT EXERCISE

A fun and energetic workout suitable for all abilities. Improve your strength and fitness!

Gateshead Indoor Bowling Club, 10 – 10:45  
St. Mary's, Heworth, 12:30 – 1:15  
*Tuesdays from 3 December*

St. Barnabas', Rowlands Gill, 10:30 – 11:15  
Teams Life Centre, 1 – 1:45  
*Thursdays from 5 December*

## DANCERCISE

Improve your strength, balance, and flexibility! Easy-to-learn routines to pop music.

Gateshead Indoor Bowling Club, 11 – 11:45  
St. Mary's, Heworth, 1:30 – 2:15  
*Tuesdays from 3 December*

St. Barnabas', Rowlands Gill, 11:30 – 12:15  
Teams Life Centre, 2 – 2:45  
*Thursdays from 5 December*

**FIRST 10 WEEKS FREE!**

For more info, please ring 07999 500951.

No need to book – just pop along on the day. 😊