

Coming up online from The Hop 50+.....

Monday 27th July	10.30 am	Strength and Balance with Anne
Monday 27th July	2.15 pm	Mighty Quiz with Paula
Tuesday 28th July	10.30 am	Strength and Flexibility with Paula
Tuesday 28th July	2.30 pm	Desert Island Discs with Paula
Thursday 30th July	10.30 am	Strength and Balance with Anne
Thursday 30th July	2.15 pm	Step to the Beat with Paula
Friday 31st July	11 am	Chair Boogie with Paula

If you would like to get involved please email
paula.carter@impact-initiatives.org.uk

Look forward to seeing you soon!!