

# Tone & Stretch

A gentle exercise class for those aged 60 and over.

**Tuesday Mornings**

**10.45-11.30am**

**At Bishop's Park  
Community Room**



**Come and get fitter and more flexible with Flatfeet  
Dance Company.**



**Starts 5<sup>th</sup> November 2013, only £3 per session.**

Limited Spaces Available. To reserve a place or for more information please contact Maxine at [info@flatfeetdance.co.uk](mailto:info@flatfeetdance.co.uk) or call 07872927288.

