



# BEDFORD HOUSE

Arts – Crafts – Fitness – Leisure – Room Hire  
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## Keep Fit for Women age 60+

Tutor: *Marion Pretty*

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### Tuesday mornings

**10:00 – 11:00am**

An hour's class to piano music, using gentle movements to keep all parts of the body exercised, flexible and in good health.

An hour once a week to meet each other in a friendly atmosphere and enjoy moving to music!

Come along in suitable clothes – loose clothing and non-slip shoes or bare feet – and join us in having fun and keeping fit!

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**Venue:** St James' United Reformed Church, Palmerston Road

