

gentle exercise

for older people of all abilities

**FitBorders and Scottish Borders Council present
a gentle exercise class to music with time for tea and a chat afterwards.**

Delivered by a qualified FitBorders instructor, the classes are suitable
for all abilities as exercises can be done seated or standing.

Evergreen Hall, Hawick
Every Thursday
2pm to 3pm
£2 per class

No need to book, just come along.

www.scotborders.gov.uk/communitycapacity
www.fitborders.co.uk



The classes are delivered as part of Scottish Borders Council's Community Capacity Building project
which aims to support older people take a more active part in their community.

For more information email communitycapacity@scotborders.gov.uk or phone Emily Cressey on 01835 825080.