

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.

Selkirk Rugby Club, Philiphaugh
Every Thursday from 17 August 2017
9.45am to 10.30am
£2.50 per class

How will you benefit?

- strengthen and tone your whole body
- increase flexibility and balance
- improve your posture and mobility
- have fun and meet other people

**Tea, coffee and biscuits are available after
the class, so stay around and have a chat.**

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 01835 825080 / Amanda Renwick 07827 255 093**