

Come &  
try your first  
class FREE



“ It’s given  
me back my  
confidence &  
vitality! ”

Turn back the clock with our fun  
and friendly exercise classes to  
improve your

- ✓ balance & confidence
- ✓ mobility & flexibility
- ✓ strength & independence

MOVE IT  
OR LOSE IT!®

**When?** Thursdays 10:30-11:30 (starting 25 July)  
**Where?** St John's Church, Mary Cotton Hall, Buckhurst Hill  
**How much?** £5 per class  
**Any questions?** Call me on 07957 595 072  
email me at [sandra.beare@moveitorloseit.co.uk](mailto:sandra.beare@moveitorloseit.co.uk)