



Gentle Chair & Gentle Mat Based Exercise

Mondays At Sutton Bonington Village Hall

Gentle Chair 10:10-10:50am

Gentle Mat 11-11:45am

£5 per session

Starts
5th July

The following COVID restrictions apply....

- Please wait in the car park until admitted
- Wear a face mask when entering, leaving & walking around the building,
- Bring your own mat (chairs provided)

SBVH – St Anne’s Lane. Sutton Bonington, LE12 5NJ

For further details please contact Una 07979188997 or email unalacey4f@icloud.com

FB – [Una.Lacey-Formula4fitness](https://www.facebook.com/Una.Lacey-Formula4fitness)

Instagram - [@unalacey4f](https://www.instagram.com/unalacey4f)

