

# Exercise class for the over-65's

**Every Friday**

**2.00 p.m. – 3.00 p.m.**

**at**

**Salvation Army Building**

**10 Fairfield Road**

**(on the corner of Toxteth Street)**

**Openshaw**

**Manchester**

**The class is free of charge to Manchester residents**

**Contact** Tim 07966 417 502 or Clare 07980 817 350

- The class is taken by a highly-qualified exercise instructor
- You are welcome to stay on after the class for tea/coffee

