

Exercise class for the over-65's

Every Monday

11.00 a.m. – 12.00 noon

at

Holy Trinity Platt,

The Lounge (behind the Church)

Platt Lane

Rusholme

Manchester

The class is free of charge to Manchester residents

Contact 0161 224 1123

- The class is taken by a skilled and well-qualified exercise instructor
- You are welcome to come along for tea/coffee from 10.15 a.m.



NHS
Manchester

Public Health Development Service