

Need some winter exercise?



Why not come along on a Thursday afternoon for just an hour and a half of peace and tranquillity at the local Yoga class.



at



The Halwill Baptist Hall.
On Station Road

Starts at 1.30pm Finish for 3.00pm

£6 per session (pay on the day)



contact Di Sluggett on 01409 281637
e-mail chrisanddisluggett@tiscali.co.uk

or

just turn up for a session