

Ageless & Agile

How do you usually spend your Thursday afternoons?

Join us every Thursday from 1:30pm-3:00pm for 'Ageless & Agile'.

We have got a whole variety of activities just waiting for you to try!

For more information on this group, please contact Marko on marko.humphrey@mvtlc.org 01507 681826 | 07767 664186 Or Sarah on sarah.grierson@mvtlc.org 01507 681827

Are you on our 'Exercise on Prescription' programme? Then these sessions will be perfect for you!

Only £2.00 per session!

(or free for members & those on our Exercise on Prescription programme!)

