



# The Wimbledon Guild

Guild House, 30/32 Worple Road, Wimbledon SW19 4EF  
020 8946 0735

Registered charity no 200424

in partnership with Merton and Morden Guild

## SENIOR EXERCISE CLASSES

### Movement to Music

for over 50s  
(no upper limit!)  
Christine Flood



Seated, standing,  
and balance exercise  
specially tailored  
to your own needs,  
taking into account  
any conditions like  
high blood pressure,  
diabetes,  
arthritis,  
osteoporosis, etc.



**Monday 11am to 12 noon**  
**Wednesday 11.30am to 12.30pm**

at Drake House, St George's Road,  
Wimbledon SW19 (behind Guild House)

**£2.50**  
per session

For more information,  
call **Jane - 020 8946 0735**  
or **Anne - 020 8640 1640**

[www.wimbledonguild.co.uk](http://www.wimbledonguild.co.uk)