



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 KEEP FIT CLASS

Movement to Music

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



Active exercise
with optional standing
and floor work,
taking into account
any conditions like
high blood pressure,
diabetes,
arthritis,
osteoporosis, etc.



Monday 10 to 11am

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