



Come and join our friendly exercise classes for over 60's

Fitness classes for older people



in the Garden Room at North Bank,
Muswell Hill Methodist Church,
Pages Lane, N10 1PP
(almost opposite Pages Hill)

Donation per class £1.50

Enjoyable exercises to suit all abilities, increase flexibility, tone muscles and develop strength and confidence. Qualified instructor can give personal guidance and help with mobility, healthy eating or weight issues.

- 10.30 – 11.15 **Fitness Plus** *(if recommended by the instructor)*
- 11.15 – 11.45 Meet and chat - refreshments available
Instructor on hand to advise on personal fitness
- 11.45 – 12.30 **General Fitness** – accessible, gentle exercise

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North Bank is a refurbished Victorian villa adjoining the Church. The 234 bus passes the door. There are stops nearby on Colney Hatch Lane for the 134 & 43, and on Alexandra Park Road for the 102 & 299.

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For more information please phone: 020 8445 5968 or contact the church office on 020 8365 2466 Website: www.mhmc.org.uk