



# **Over 50's Fitness**

## **Tuesday 0930 -1015**

### **with Lucy**

Why not enjoy an exercise to music class designed specifically with you in mind! A fun session in a friendly sociable environment improving energy levels, mobility and aerobic fitness. It's good for heart and mind and it will put a spring in your step! If interested please contact at the cash desk for more information on 0131-621 8303

01634