

# 'Get Active for Life'

## Exercise for All Abilities

Walmer Science College, Salisbury Road,  
Walmer, Deal CT14 7QJ

'Get Active for Life' is an exercise class designed to help improve your health, wellbeing and general fitness, making everyday life activities easier.



Every Monday 5.00pm to 6.20pm  
Starting 5th January 2009

Only £2.00 per session (including refreshments)



- Gentle Warm Up
  - Cardiovascular Fitness
  - Strength Exercises
  - Standing Exercises
  - Chair Based Exercise
  - Extended Cool Down
- WORK AT YOUR OWN  
LEVEL AND ABILITY**

For more information please contact:

01304 245369 Community Vista

**NHS**

**Eastern and Coastal Kent**

