

MaryFrancesTrust



A Gentle Introduction to Fitness

A class run by Michelle Sammans that is open to everyone who would like to improve their sense of well being and self esteem, regardless of age, fitness level or ability, through dance-related exercise

**The classes will be held at
Parson's Mead Pavillion
Ottways Lane
Ashtead
KT21 2PS**



**(On the main bus routes from
Epsom and Leatherhead)**

**The classes will be held on
Thursdays,
10.30am to 11.30am
£3.00 per session**

**Just turn up or, to book a place on this course,
please contact:**

**Christine Schauerman
info@maryfrancestrust.org.uk
Telephone: 01372 375400
Text: 07929 024722**

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