

SIT & BE FIT WITH **MARNIE BROWN**

AT AMI NELSON SUBURBS FOOTBALL PAVILION

SAXTON FIELD – 142 SAXTON ROAD EAST, STOKE

WHEN: MONDAYS 10am

COST: \$5.00

Fun, simple seated exercises to great music will help improve your:

- Flexibility
- Strength
- Balance
- Muscle tone
- Concentration / memory
- Plus it will make you feel good



**Get fit so you can sit in
any destination and
enjoy the view**

To find out current timetable contact
Marnie Brown the instructor on :
5410015