



Mind & Body Stretch-ability

Gentle beginners course for Men 18yrs+

Gentle exercises using weights to strengthen & mobilise major muscles and joints. Before finishing with a relaxation period to calm and renew. These classes encourage flexibility, stamina and breath control. Opportunities to have tea/coffee and social after each session.

Funded by West Sussex County Council Public Health

Tuesdays | 1.30am - 12.30pm
£2 per session

To book please contact: Littlehampton Wave, Sea Road, BN16 2NA
01903 725 451 / www.freedom-leisure.co.uk/littlehampton

