



Multi Activity Exercise Group

Improve your well being today

Activities on offer....

Badminton
Table Tennis
Seated Exercise
Balls Games
Gentle exercise to music
Indoor Bowls
Indoor Curling

And many more...

Being active can be fun! Whatever your interest or ability, there's something for everyone. Come and join our fully qualified instructors each week for multi activity exercise sessions which are designed to improve your health and well-being. These sessions offer a range of tailored age appropriate exercises for people over 65 of all ability levels. You will get to meet new people and enjoy the social side of keeping active in a relaxed and friendly atmosphere!

**Knebworth Village Hall,
Park Lane, SG3 6PD**

Fridays, 1-3pm

**£2.50 per session
(First week free)**

To book contact: Joe Capon

T: 01707 281004

**Open to local
residents
aged 65+**