



Queen's Crescent Community Centre,
45 Ashdown Crescent,
London NW5 4QE



Older People's Chair Based Exercise



Do you want to improve your
health and fitness?



Do you want a gentle exercise programme?



**Why not try our
Chair Based Exercise sessions**



Chair Based Exercise will improve your:
Mobility
Range of motion
Strength

Sessions are run as the following:

Women only sessions Monday 10:15am to 11:15am

Mixed sessions Friday 10:15am to 11:15am

For more information please call Rukib at Queen's Crescent Community Centre on 020 7267 6635 or email rukib@qcca.org.uk