

FreeSport Grant from the Mayor's Office

The future of our popular chair exercise session Sit, Stretch and Flex has received an extra boost this month with the news we will be receiving funding from the Mayor London's FreeSport fund. The fund helps projects in London engage people in exercise that may otherwise find it difficult. The class is a good way to exercise with others and promises a fun work-out for all abilities. Sue, a regular attendee said, 'The class is great fun and the instructor is really helpful. Its a great group and we really spur each other on!'

Why not give it a try?

