

# OVER 60?

**GENTLE EXERCISES, STANDING & SEATED  
ADAPTED TO YOUR OWN NEEDS WITH NO  
FLOOR EXERCISES!**



**NO LYCRA, NO SHORTS!  
JUST PLENTY OF FUN!**

Suitable for all including those with Special Conditions such as arthritis and osteoporosis

**WITH MUSIC FROM  
40's, 50's, 60's & BIG  
BANDS**



**Benefits Include:**

- BETTER BALANCE & COORDINATION
- HIP STRENGTHENING
- BETTER BACKS
- LOWER BLOOD PRESSURE
- HEALTHY HEART

**North Berwick Classes**

**(Hope Rooms, Forth Street)**

Mondays 10-11am (with tea & coffee after)

**July to December 2013**

Date	Venue	Blocks
July 29 <sup>th</sup>	Hope Rooms	Block 1 – Week 1
August 5 <sup>th</sup>	Hope Rooms	Block 1 – Week 2
August 12 <sup>th</sup>	Hope Rooms	Block 1 – Week 3
August 19 <sup>th</sup>	Hope Rooms	Block 1 – Week 4
August 26 <sup>th</sup>	Hope Rooms	Block 1 – Week 5
September 2 <sup>nd</sup>	Hope Rooms	Block 1 – Week 6
September 9 <sup>th</sup>		<b>BREAK</b>
September 16 <sup>th</sup>		
September 23 <sup>rd</sup>		
September 30 <sup>th</sup>		
October 7 <sup>th</sup>	Hope Rooms	Block 2 – Week 1
October 14 <sup>th</sup>	Hope Rooms	Block 2 – Week 2
October 21 <sup>st</sup>	Hope Rooms	Block 2 – Week 3
October 28 <sup>th</sup>	Hope Rooms	Block 2 – Week 4
November 4 <sup>th</sup>	Hope Rooms	Block 2 – Week 5
November 11 <sup>th</sup>	Hope Rooms	Block 2 – Week 6
November 18 <sup>th</sup>	Hope Rooms	Block 2 – Week 7
November 25 <sup>th</sup>		<b>NO CLASS</b>
December 2 <sup>nd</sup>	Hope Rooms	Block 2 – Week 8
December 9 <sup>th</sup>	Hope Rooms	Block 2 – Week 9
December 16 <sup>th</sup>		<b>BREAK</b>
December 23 <sup>rd</sup>		



**Supported by:**



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