

# SKY BLUES

in the COMMUNITY



# SEATED EXERCISE

group

WEDNESDAYS

2-3.30PM

*To be eligible, you must be 18+ and registered with one of the 15 GP surgeries listed in the registration form.*

*To complete a registration form please scan the QR code or call us via the number shown below.*

**LOCATION** Volunteer Friends, Bulkington, CV12 9JB

*Our brand new seated exercise class is a great way to socialise, while taking part in some fun, gentle exercise*

*45mins seated exercise, followed by 45mins refreshments & chat*



Nuneaton North  
Nuneaton South  
Bedworth & Bulkington

For more info or a chat about the session, please get in touch:



02476 786 349 | [lewis.robinson@sbitc.org.uk](mailto:lewis.robinson@sbitc.org.uk)

