

GCRA

EXERCISE FOR LIFE



- Do you have a long-term condition such as any of the above?
- Would you like to become more active & exercise at a level that is right for you?
 - Would you like to meet new people and have fun?.....

Then GCRA exercise classes are for you!

Our classes are delivered by highly-trained, experienced instructors who will tailor the exercises to your individual needs!

Our first weekly class at Westhill will commence on

Fri 30th October, 2pm – 3pm. Westdyke Leisure Centre, 4 Westdyke Avenue, Westhill

For further information please contact Sharon Winton on 01888 569160

Or Lindsay Watt on 013398 83621

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Scotland

