

Young @ Heart Day 2010

Tuesday 18th May, 9.30-2.00



FREE activities and FREE lunch for over 50's

For more information please contact Leah Flynn on: 01665 605030 or email: leah.flynn@northcountryleisure.org.uk.

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Young @ Heart Day

At Willowburn Sports & Leisure Centre

FREE physical activity day for the over 50's

Tuesday 18th May, 2010

Come and try:

- new age kurling • carpet bowls
- ballroom dancing • pilates
- jazz dancing • seated exercise
- cheerleading and more!

FREE lunch provided

Registration 9.30am, classes from 10.00am until 2.00pm

Something for everyone regardless of ability

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