Hackney Circle

Keeping Sharp -Pilates with Rosaleen



Join this weekly fun exercise class for older people.

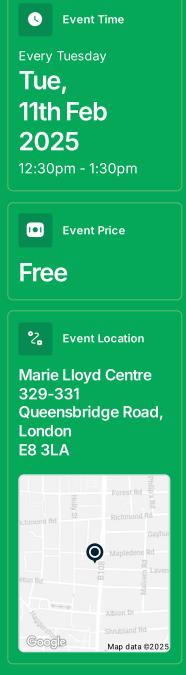
About This Event

Mat and chair exercises focusing on control and stability.

Classes are free for all. If you would like to contribute, there is a suggested donation of $\pounds 3$ per class to support MRS Independent Living.

Accessibility Information

Please contact services@mrsindependentliving.org / 0330 380 1013 for further information regarding accessibility.



Hackney