## Hackney Circle

## Keeping Sharp -Pilates with Rosaleen



Join this weekly fun exercise class for older people.

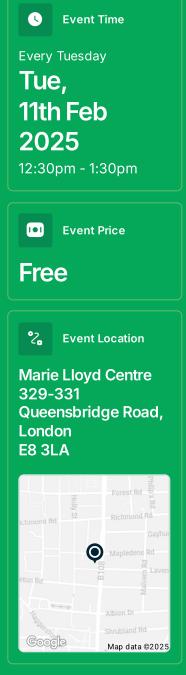
## **About This Event**

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**