

FOREVER

Active

Affordable exercise classes and sport sessions for the over 50s and those returning to a more active lifestyle in Cambridgeshire

# Exercise to Music for the over 50s

Every Monday

10.00 — 11.00 am each week

Christ the Redeemer Church Hall

Newmarket Road, Cambridge CB5 8RS

**First Class Free**

Cost: £4.00 per session per person  
for members (£5.00 non-members)

For further information contact Carrie Holbrook tel: 07538 056624



[www.forever-active.org.uk](http://www.forever-active.org.uk)

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