

50+ LADIES AND GENTLEMEN

*Lost your
Fitness Groove?*



DISCOFIT!

*Disco classics, Funky Routines,
Weights, and stretch!*

Sidlesham Memorial Hall
PO20 7RD

Tuesdays 10.00-11.00

First Class
is FREE!
(Worth £8)

Text **DISCOFIT SID** to Naomi

07970 827025

