



## 'Keep Fit' Group

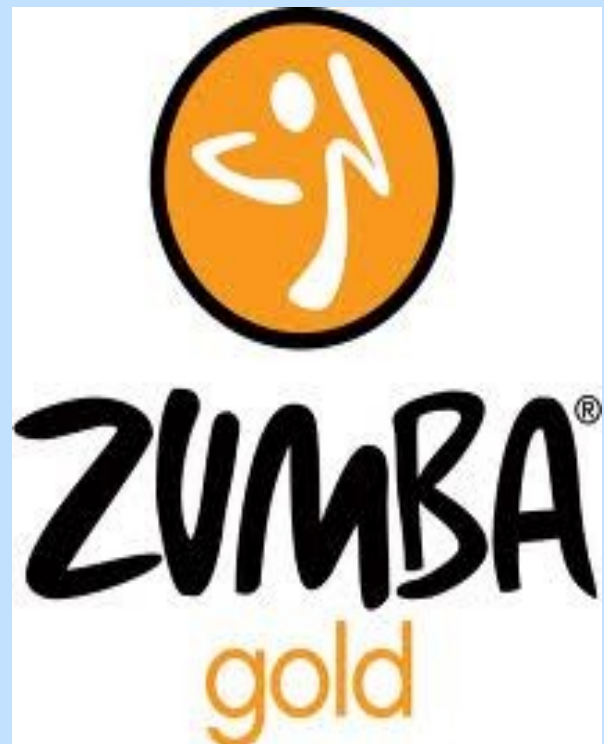
Every week at Skills for People,  
Key House, Tankerville Place, Jesmond,  
Newcastle Upon Tyne, NE2 3AT

**Gentle Exercise: 11:30-12:30pm**  
(Improve your mobility, circulation and  
posture; accessible to people of all abilities!)

**Zumba Gold: 13:30-14:30pm**  
(Zumba Gold is a modified form of Zumba,  
accessible to people of all abilities!)

The first week sessions are free!  
£3 per session thereafter.  
Starting the 15th August 2013

The sessions will run for an initial 12  
weeks by fully qualified instructors



**The groups are open to everyone, no matter what your ability!**

If you need support you are very welcome to come along.  
Free entry for carers and supporters.

For further information please contact  
Helen on 0191 281 8737 or email: [information@skillsforpeople.org.uk](mailto:information@skillsforpeople.org.uk)

