

Seated Exercise Class

£4 per session

Wednesdays 11.45 – 12.30



A great seated yoga class that enhances well being and improves co-ordination. Excellent for those who are a little unsteady or have limited mobility.

Call 01752 405632 to book

**William Venton Centre, 8 Memory Lane, Plymstock, Plymouth, PL9 9GH,
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