

# Epsom Strength and Balances Classes at Home via Zoom

17 May 2024



Too hot to leave the house?

Keep active during summer by exercising weekly in the comfort of your own home. Join Epsom Strength and Balance on Mondays at 10:30 for only £7.75.

This class is popular with seniors, it has been running weekly since Spring 2020, it will help you maintain your mobility, stay strong and stand tall. You just need an Internet connection, zoom application on a tablet, PC or a mobile phone. Your home must have 2 m<sup>2</sup> space, and two chairs.

To find out more contact Karen on (07771)647132 or email Epsom strengthandbalance@gmail.com