

Strong Foundations **Exercise Classes**

Invigorating exercises – strength, balance, flexibility and mobility.

Led by an inspiring instructor, in a fun and sociable group.

You will feel stronger and more supple, with lots of energy!

As featured on BBC Radio 4



FREE Taster Session

Come along, see what we do and join in some of the exercises (you can do as much or as little as you want to).

Wimbledon Village

Garden Hall, St Mary's Church, St Mary's Road, SW19 7BP
Mondays 11.30-12.30 and 12.45-1.45pm
Winter/ Spring Term 2012: Jan 9th – March 26th

Please call in advance to book your free taster session.

We look forward to seeing you soon!

Vida Wellness: 0333 1234 334 (local-rate)

www.vidawellness.co.uk info@vidawellness.co.uk