



FREE COMMUNITY EXERCISE

EDGBASTON COMMUNITY CENTRE

40 WOODVIEW DR, BIRMINGHAM B15 2HU

MONDAY

Session Type	Description	Time
Low impact & well-being session	FREE low impact sessions for all ages! Learn to move, improve your health, strength, mobility and make new friends.	2pm-3pm
Junior Dance exercise	FREE dance exercise sessions for kids. Learn to move, have fun and make new friends (parents welcome too)	3:15pm-4pm

**Come along and give it go or for more info,
please whatsapp Valentina on
07828 778676 or just turn up!**



Movement Conversation Connect