



**Kol Chai - 434 Uxbridge Road, Hatch End**

**A NEW EXERCISE CLASS  
FOR THE SLIGHTLY MORE SENIOR AMONGST US  
WILL BE STARTING ON  
THURSDAY 6<sup>th</sup> NOVEMBER  
from 10am to 11am.**

*A mild workout with gentle stretching with fitness & dance mixed in,  
using music from years gone by.*

***OPEN TO MEMBERS AND NON MEMBERS ALIKE –  
£5 PER SESSION.***

*(After 10 sessions you get one free)*

*Hayley is London Dance and Stage school trained as well as being a  
qualified fitness instructor*

*She is really looking forward to working with  
you*

**PLEASE CALL DEBBIE IN THE OFFICE TO EXPRESS YOUR INTEREST  
020 8421 5482**