



# EXERCISE CLASS

## Perton



Would you like to take part in some gentle exercise?

Would you like to meet new people and increase your physical activity?

Then why not join our weekly exercise classes!

**Every MONDAY 2pm - 3pm**

Wear Comfy shoes/trainers and bring a bottle of water.

**Venue: Perton Civic Centre, Church Road,  
Coleridge Drive. Perton. WV6 7PD**

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