

Venue: Age UK North Tyneside () Time: 9:00am - 7:00pm **£** Cost: £21:00 () Type: Face to Face

We have classes for every ability to help you stay fit and healthy in later life.

To find out more about any of our activities, or to book your place, please call 07974 185 070 orclick here.



fitness | yoga | sport | walking | football | older people | excercise | activity





enquiries@ageuknorthtyneside.org.uk

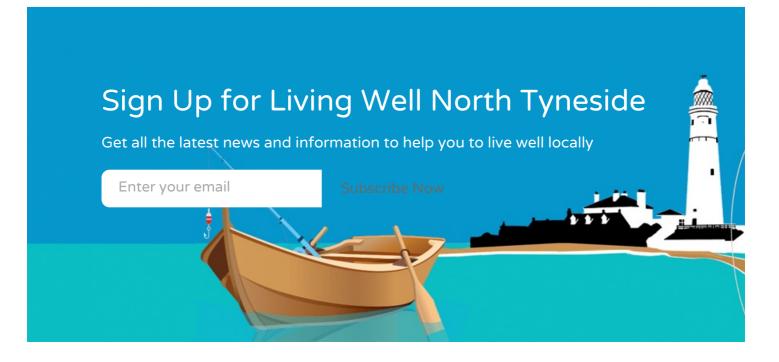
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Age UK North Tyneside 13, Saville Street West North Shields

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https://www.ageuk.org.uk/northtyneside/activities-and-events/keep-fit/

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