



**KEEP
CALM
AND
DO
TAI CHI**



WELLBEING
HEALTH & FITNESS
BE YOU • BE WELL



It's Back Repton Activity Day & Fitness Fest!

Sunday 8th January

Repton Village Hall

*A programme of activities designed for you to start 2017
as you mean to go on*

Classes running throughout the day - all £5

Suitable for all levels of ability



Buy a ticket for yourself.....your partner...
your friend.....a great stocking filler!

**Healthy Snacks & Drinks Available at our
Health Cafe!**

9.30 Intervals 10.30 Yoga 10.30 Nordic
Walking 11.30 TBA 1.00 XPress (short class)
1.30 Pilates 2.30 Tai Chi 3.30 Strictly Dancing

