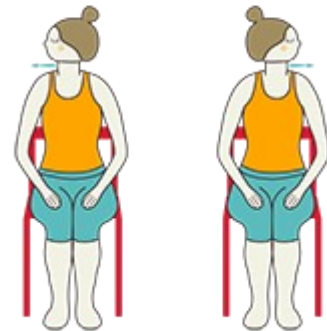


Our exercise programme is designed specifically for older people.

did you know?



That chair based exercises improves both physical and mental health?

Come and join in with the fun!

Starting 20th August 2021

Then every Friday onwards:

13:30-15:30

Crossroads Barnsley Ltd
Maple House, Stocks Lane,

Barnsley,
S75 2BL

Tel: 01226 731094

