



Terri Bryant - Spring 2023 - Part 2

20 The Smithy, Denmead, Hampshire, PO7 6YS Tel: 023 9224 1764 Mobile: 078 5484 8201

e-mail: terribryant@btinternet.com Website: www.bodyfocus.org.uk



All classes are held at All Saints Church Hall, Hambledon Road, DENMEAD PO7 6NN

Breathe - A - Gain PR Maintenance Class (referral required) Monday 11.30 am - 12.30 pm £5 per session or block pay £20*	Fit 'n' Fifty (+) For the older fitter person Tuesday 11.30 am - 12.30 pm £5 per session or block pay £25*
Mon 20 February Mon 27 February - NC -Funeral Mon 6 March Mon 13 March Mon 20 March Mon 27 March	Tues 21 February Tues 28 February Tues 7 March Tues 14 March Tues 21 March Tues 28 March

*Block pay in advance and get 1 class free (min 4 paid classes). No payment required for classes if holiday known at the time of paying. Any class missed through illness may be carried forward. Please make any cheques payable to T. Bryant.

NC = No CLASS



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Positive Strokes Exercise following Stroke (referral required) Tuesday 2 - 3 pm £5 per session or block pay £25*	Chair, Strength and Balance Exercise to improve mobility, strength and balance Friday 2.30 - 3.30 pm £5 per session or block pay £25*
Tues 21 February Tues 28 February Tues 7 March Tues 14 March Tues 21 March Tues 28 March	Fri 24 February Fri 3 March Fri 10 March Fri 17 March Fri 24 March Fri 31 March

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