

FUN & FITNESS ♥ EXERCISE CLASSES

Rookley Village Hall Highwood Lane Rookley PO38 3NN	Jeanne Deneulain	07538 376906
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Welcome to Fun & Fitness Exercise Classes. I am a fully qualified Exercise Instructor with over 20 years' experience, teaching many genres of Exercise.

I believe exercise should be Fun and beneficial for the Mind, Body & Soul. My classes are relaxed, welcoming, and suitable for all

Tuesday 9.15 - 10am

MIX IT UP ! - STARTS 9th June 2026

A combination of Cardio, Strength and Stretch, to achieve a full Body work Out.
Low Impact - Good Music !

Tuesday 10.15 - 11.15 am

Older Persons Exercise Class

This Class is designed to maintain and improve mobility, strength, balance and coordination.

The class can be totally chair based, or a more active approach can be taken....

Your Choice !

"Having fun, enjoying the music, being part of a great social group is just as important as the exercise"

Everyone welcome. 😊

Friday 9.00 - 9.45am

Gentle Core & Stretch

This Class is designed to strengthen Core muscles and also increase flexibility. Suitable for Beginners or the Older Person.

All Classes are £6.00 .

Please feel free to call me, to discuss the class or for any further information you may need.

Find **F&F♥** on Fb

❖ 07538 376906

Free Parking Available.