

Yoga Fit



Free weekly sessions at Cadge Road Community Centre for women aged 16 years +, running for 6 weeks starting in November.

Yoga is an easy, gentle form of exercise and can be adapted to a variety of needs, including sitting in a chair. Come and join our friendly group.

No experience needed and all equipment will be yours to keep, so you can carry on at home.

A small class for up to 10 women, so if you are interested please contact Sally for more details on 07932 589068 or sally.fox@henderson-norwich.org

