

Chair Based Exercise Group



Date: 22/02/2018

Time: 3pm to 4pm

Cost: Free

FREE weekly drop-in for all those who want to maintain/improve their flexibility and reduce the risk of falls. All exercises are adjusted to the needs and abilities of each participant. The class is delivered by a trainer certified in biokinetics.

When: Thursdays, 3PM - 4PM.

Where: Rosaline Hall, 70 Rosaline Road, London, SW6 7QT
Tel. 020 7385 8850

Tube: Fulham Broadway, Hammersmith, Parsons Green and then walk for about 15-20 minutes or take bus 211 or 295 from Fulham Broadway or Hammersmith. There is no bus from Parsons Green.

Bus: 211 and 295. Nearest stop: Sherbrooke Road.

Bus: 414. Nearest stop: Munster Road/Fulham Cross.

Tel. 020 7385 8850

Email: info@fulhamgoodneighbours.org

Tags (office use) : FGN

This event occurs every week on Thursday until 13 December 2018

Downloads

- [FGN Chair Based Exercise Group \(207 Kb\)](#)

Location

Fulham Good Neighbours

Rosaline Hall 70 Rosaline Road London, SW6 7QT

Organiser

Fulham Good Neighbours

T: 020 7385 8850

M: info@fulhamgoodneighbours.org

Website: www.fulhamgoodneighbours.org

Further dates for this event

01 March, 2018
08 March, 2018
15 March, 2018
22 March, 2018
29 March, 2018
05 April, 2018
12 April, 2018
19 April, 2018
26 April, 2018
03 May, 2018

[See more dates](#)