

Chair Based Exercise Group



Date: 28/09/2017

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 14 December 2017

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

05 October, 2017

12 October, 2017

19 October, 2017

26 October, 2017

02 November, 2017

09 November, 2017

16 November, 2017

23 November, 2017

30 November, 2017

07 December, 2017

[See more dates](#)