

Chair Based Exercise Group



Date: 23/11/2017

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

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

30 November, 2017

07 December, 2017

14 December, 2017

[See more dates](#)

Downloads

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