

MAGIC MOOVERS

Exercise Class

Every Tuesday

5.45 pm—6.30 pm

Being active can help to strengthen muscles, bones and joints and improve your overall wellbeing.

Our exercise classes are fun and include a variety of exercises including circuits, cardio, stretch & strength

Sessions are £3.50 per week

No need to book, just come along!



For more information call 01429 271275

Monday to Thursday 9:00am to 4.00pm

Friday 9.00 am to 1.00 pm

West View Advice & Resource Centre

The Community Centre
Miers Avenue,
Hartlepool, TS24 9JQ

West View Advice
& Resource Centre Ltd



Serving the Community