



FREE mobility classes for over 60s at Gymophobics in Welwyn Garden City

Offer Expiry Date
28/05/2016

Can only be used at
Gymophobics
62b Bridge Road East, Welwyn Garden City
AL7 1JU.

Tel: 01707 707100



Description/Terms and Conditions

A 20 to 30 minute group session performed to music designed to increase range of movement (ROM) and gently mobilise joints by lengthening muscles and tendons and stimulating production of synovial fluid which lubricates the joints. Particularly beneficial to anyone with joint stiffness. Exercise is done on chairs and using a chair. This class is FREE for over 60s for a limited time - come in to Gymophobics in Bridge Road East in Welwyn Garden City and book your place as there is a form to fill in and we are taking a refundable deposit of £5 per class.

This voucher has no cash alternative and is not transferable. It cannot be used in conjunction with any other offer or promotion. Photocopies will not be accepted. Rights are reserved to refuse custom and withdraw this offer at any time.