



Irish Network Stevenage

# Exercise Class

Our class is for all abilities and the aim is to have fun! Discover the joy of movement while improving your physical fitness and social life!

- ✓ **The Oval Community Centre**
- ✓ **Fridays 11.30am - 12.30pm**
- ✓ **£2.50 per class for Members  
£4.50 for Non-Members**

Contact Us:

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