



A qualified EXTEND instructor offers movement to music for older people and those with reduced mobility.



Join us every Tuesday for gentle exercise and movement to music. The class can be taken seated or standing and is a great opportunity to meet new people in the community and boost your wellbeing.

Every Tuesday

11.00am – 12.00pm

Jubilee Room, Boroughbridge.

The cost is £5 including refreshments.

Please register your name with BCC if you wish to attend as numbers are limited.

Contact us on

01423 324504 or admin@bcccharity.co.uk