

## N.I.A. is Back at the Village Hall

**Why not come and join in some N.I.A.(Non-impact Aerobics) inspired movement and gentle exercise, suitable for all ages and abilities.**

**Every Friday starting  
Friday 4<sup>th</sup> September  
10.30am – 12 noon**

**For more information please contact Wendy on  
0770289606**

**No need to book just come along.**

**Social Distancing guidelines to be followed.**

