Keep Phytt

What? *Keep Phytt* exercise classes for older people designed and overseen by our physiotherapist to help you stay strong and active, improve your balance and flexibility and conquer those aches and pains no matter what your age and ability.

When? weekly hour long classes on Fridays at 11:30am.

Cost? our classes are £8 a week or £30 for a month.

Contact: Ian or Carole by:
Tel - 07700 173242
Email - info@keepphytt.co.uk
Register at - Snodland Registration
Website - https://www.keepphytt.co.uk

