

Mondays at YMCA Hawker Centre

Sessions especially for learning disabled people

There will be three classes taking place every Monday at the YMCA Hawker Centre. There will be line dancing in the morning and a choice between a gym session or a yoga class in the afternoon.

You can sign up for a morning or afternoon session or you can do both and spend the day there. You can have lunch in the café with a 10% discount if six people or more eat together.

Line Dancing with Pauline

11.15am - 12.15pm

A fun hour with great music!



Lunch

(10% discount for 6 people plus)

12.15pm - 1.00pm



Yoga with Laura

1.00pm - 2.00pm



Gym

1.15pm - 2.15pm



£2.50 Please pay at Reception desk.

If you would like to find out more, please contact the YMCA Hawker Centre Reception on  **020 8296 9747** or email angusmcgregor@kwymca.org.uk

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