



Holly House, Allensmore, Herefordshire. HR2 9BH 07503 588315 cjwoobs@hotmail.co.uk

Exercise Classes

Tuesday - Herefordshire Headway

Brain Injury Rehab – 10am and 11.15am (30 mins) Exercise class.
Helping with physical mobility, flexibility and co-ordination.

Wednesday - Clehonger village hall

Adults/School parents - 9.30am (45 mins - 1 hour) Circuit class, Exercise class.
For those who can drop off their kids at school and do a class which helps you improve your fitness levels, strength and flexibility!

Friday - Shropshire Headway

Brain Injury Rehab – 1.45pm (30 mins) Exercise class.
Helping with physical mobility, flexibility and co-ordination.