Do you have mobility issues?

Join us for an Indoor Cycling taster session

Monday 6th August, 3.00 - 4.00pm

at Lewes Leisure Centre, Mountfield Road, Lewes, East Sussex, BN7 2XG

Guided exercise where you can try out indoor cycling on a stationary machine.
Join in, have fun - you can go at your own pace and receive support from trained staff.

Tea and coffee available afterwards.

£2.00 per person, Free parking available.

PARKINSON'S UK
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To book a place or for more information please call 01323 408862 or email referral@waveleisure.co.uk

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