



Brights Centre regular activities for
adults aged 50+

Zumba Gold for beginners

Tuesdays at 10.30-11.30am

Belly Dance for beginners

Wednesdays at 2-3pm

Yoga for beginners

Thursdays at 10-11.30am

To try our **free** taster sessions see overleaf
Opening offer, 4 sessions at £2.50 each

Drawing & watercolour Mondays 1-3pm

Floristry Thursdays 1-3pm

For more information or to book a place
please call: 01708 783720



Registered Charity No: 1079969



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