

Company

Newsletter

December 25, 2022



Business

Strategy and tips for success in becoming an entrepreneur

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Sandbach & District u3a

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Groups News

Chair Fit 2

We currently have vacancies in our new Chair Fit class. If you are interested in attending a taster session, please contact the Groups Co-ordinator at groups.co-ordinator@sandbachu3a.org.uk

Location: St Peters Church Hall, School Lane, Elworth
Frequency: Every fortnight at 11.45am for approximately 50 minutes.

Upcoming class dates: May 29th, June 12th, June 26th, July 10th

Session Fee: £4 per session payable in advance.

Instructor: Amanda Weston, a Chartered Physiotherapist, Pilates and fitness yoga instructor with over 25 years of experience.

Class description: Includes seated exercises, physiotherapy exercises focusing on strength, flexibility, and joint range of motion, all set to music.

Upcoming events

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Quiz

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Trips

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