

Moving More Often

Dance

MMO

Movement & Dance in Chairs NEW FREE SOCIAL CLASS!!

Movement and Dance in Chairs is a sociable, fun, interactive session to improve mobility. Open to all but ideal for older people, those who are less mobile and have memory challenges.

The Legends Café Bar at The John Smith's Stadium, Huddersfield

1st Monday of the Month 2 – 4 pm (Excluding Bank Holidays)

When a class falls on a Bank Holiday, the session will take place the following Monday

FREE Class , FREE Parking, Tea & Coffee £1.00



For more information contact the Sport & Physical Activity Development Team
on 01484 234141 / spadt@kirklees.gov.uk