



Debenham Fit Club

I am just 75yrs old, and every week I attend “Fit Club” (seated aerobics) in Dove Cottage. There are members of our club who are older and some younger than me, but we all are able to take part in the exercises we are given. Two lovely, fully qualified, instructors put us through our paces and I have to say we honestly do have heaps of fun. The ladies and gentlemen that attend are the most friendly people you could wish to meet and all of us thoroughly look forward to coming to the class. They last for one hour with a half-time break for tea and biscuits – very civilised. I would encourage anyone, who feels that they would like a mid-week “boost”, to come along and give “Fit Club” a go. I can totally recommend it.

Ann Dixon