



# Sheila's Yummy Mummy Buggy

## Fitness Club

**Session start:** 4 April then every Monday at 10 – 11.30am  
Except Bank Holiday Mondays

**Age:** 16+ **Venue:** Central Park, East Ham E6 (meeting outside the cafe in the park)

**Cost:** £2 per session

For further information contact Sheila: **07908 614958**  
or email: **spoleon@aol.com**

