

 **New Classes... Coming Soon...** 

 **to Tadmarton Village Hall!** 

Register your interest today

We're excited to be planning a range of friendly, inclusive classes right here in Tadmarton — perfect for all ages and abilities. Whether you want to get moving, relax your mind, or explore your creativity, there's something for everyone.

 **Tai Chi**

Gentle, flowing movements to improve balance, flexibility, and wellbeing. Ideal for beginners and those seeking calm, low-impact exercise.

 **Zumba**

Fun, energetic dance fitness set to uplifting music. A fantastic way to get fit, boost your mood, and meet new people.

 **Art Class**

Unleash your creativity in a relaxed, supportive environment. Suitable for beginners and experienced artists alike.

Classes will run if there is sufficient interest.

 *Register now to secure your place and help us bring these sessions to Tadmarton Village Hall.*

To express interest or find out more:

 Jane on 07711 794133

 taddyvillagehall@gmail.com

Stay active • Learn something new • Connect with your community

Your Village Hall — at the heart of village life 