

Chair Based Exercise Group



FREE weekly drop-in for all those who want to maintain/improve their flexibility and reduce the risk of falls. All exercises are adjusted to the needs and abilities of each participant. The class is delivered by a trainer certified in biokinetics.

The group takes place every Thursday between 3PM and 4PM.

COST: FREE

Address: Rosaline Hall
70 Rosaline Road
London, SW6 7QT
Tel. 020 7385 8850



Tube: Fulham Broadway, Hammersmith, Parsons Green and then walk for about 15-20 minutes or take bus 211 or 295 from Fulham Broadway or Hammersmith. There is no bus from Parsons Green.

Bus: 211 and 295. Nearest stop: Sherbrooke Road.

Bus: 414. Nearest stop: Munster Road/Fulham Cross.

