

Keep Fit for Ladies at YINN



The class takes place every Wednesday in the shul hall at 8.45 am for one hour.

Our teacher is Wingate-trained and the exercises to music include low impact aerobics and are designed to help prevent osteoporosis, strengthen muscles, and to improve balance and all-round fitness.

Each session costs NIS 40
and we pay for a month in advance.

For more information : Ruth Leviton 054 433 8340