

Silver Sunday

at Golden Lane Sport & Fitness

5 October
12–4pm



To celebrate our elder generation on **Silver Sunday**, we are offering a programme of **free events** and activities including:

Gentle exercises classes • Swimming • Ballroom dancing • Cream tea • Board games

To book your place email Joanna.foster@fusion-lifestyle.com
or call 0207 250 1464



Golden Lane Sport & Fitness is brought to you by the City of London Corporation in partnership with Fusion. As a registered charity, Fusion continually reinvests to improve the sport & leisure offer in your community.

In partnership with

