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| Photo of a female runner stretching on the ground, on an outdoor track, with sole of shoe in foreground  |
| **GET MERE MOVING**fitness for adults of all ages5TH JULY 2025 AT MERE SURGERY Come and join us on Saturday 5th July to find out more about the fantastic fitness options available locally for adults of all ages and abilities. Whether you fancy something energetic like Zumba, Bounce or the Gym (Colin Fricker is kindly opening his home gym for the morning) or would prefer something more gentle like chair yoga or a walk please do come along and see us between 9.30am – 1pm. Please note the surgery will be closed, all events will be taking place in the garden (weather permitting), access through the side gate.No need to prebook just turn up.  |
| ***Please note this event is for over 18s only. If you require any further information please contact Polly or Julia at the surgery on 01747 860001.*** |

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| TIMETABLE OF EVENTSZumba – 9.30ampilates – 10.00ambounce – 10.30am -11.30amchair yoga – 12.00pmChair fancy a walk? join the walking group at 11.00am for a short walk around mere.  WANT TO LEARN MORE ABOUT BOWLS? MERE BOWLS CLUB WILL BE HERE FROM 12.00PM TO ANSWER YOUR QUESTIONSwant to see what the gym can offer you? try colin fricker’s gym from fitness BY design. call in and we will give you directions  |
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| Please bring with you:Bottle of water and Towel or yoga matplease wear comfortable clothing and sport shoes/trainers |

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