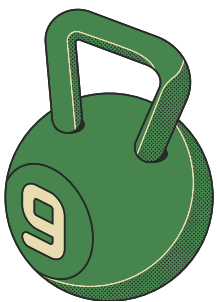


**Fitness Session at GSRC**  
**Join us every Wednesday at**  
**11.30am**  
**Wear comfortable clothing**

**All exercises can be adapted to suit  
individual needs and abilities**



The Adelphi Centre,  
12 Commercial Rd, G5 0PQ  
For more info contact  
0141 429 8181



**RANGERS  
CHARITY  
FOUNDATION**

