

**DO YOU WANT TO STAY YOUNG? DO YOU WANT GET THOSE HIPS MOVING? DO YOU LIKE FUNKY MUSIC? IF YOU SAID YES TO AT LEAST ONE OF THOSE QUESTIONS, THEN OSCARROBICS IS FOR YOU. MAYBE YOU'RE HOME ALONE AND YOU WANT TO GET OUT IN THE WORLD. OR MAYBE YOU JUST WANT TO HAVE SOME FUN, BUT EITHER WAY YOU WILL HAVE A GREAT TIME! AFTER A FEW WEEKS YOU'LL BE TELLING YOUR FRIENDS ABOUT HOW GERALD FELL DOWN OR HOW MARY DID A CARTWHEEL, AND YOUR FRIENDS WILL BE SO JEALOUS! ONCE YOU START, YOU WILL NEVER STOP. OSCARROBICS- A BETTER LIFE FOR EVERYONE!**

- Sometimes we go on trips to a roller rink or even ice skating. It is fun for everyone- maybe you were once a professional skater or maybe it is your first time, but it is amazing and fun either way. We also have holiday parties like Easter brunch in July and Halloween in January. We also did Secret Santa last year and it was so much fun!
- Normally it is in the water but if it is on land you can do it all the time (I know about aerobics, but Oscarrobics is way better). Think of this- your granny and grandad are home alone again, but if they join Oscarrobics, they can get out into the world and have some fun!
- We have some fun music to "Get back up again" from Trolls, "Highway to Hell" and "Staying Alive".
- You'll look like you're 25 and a half when your 27 and three quarters.

Don't worry, I know what you are thinking, what if the old people die or hurt themselves? Don't worry we've got that covered, just play some tunes and they will be back up in a flash!

# Oscarrobics

By Kit

RULES

- NO BREAK UNTIL YOU BREAK.
- Listen to the music.

Sorry we are booked out because it is so good, but you can join next year