



**SAINTS
FOUNDATION**

RECORDS ARE MADE TO BE BROKEN

Join us in our attempt to break the world record for the largest chair-based exercise session.

Monday 15th April

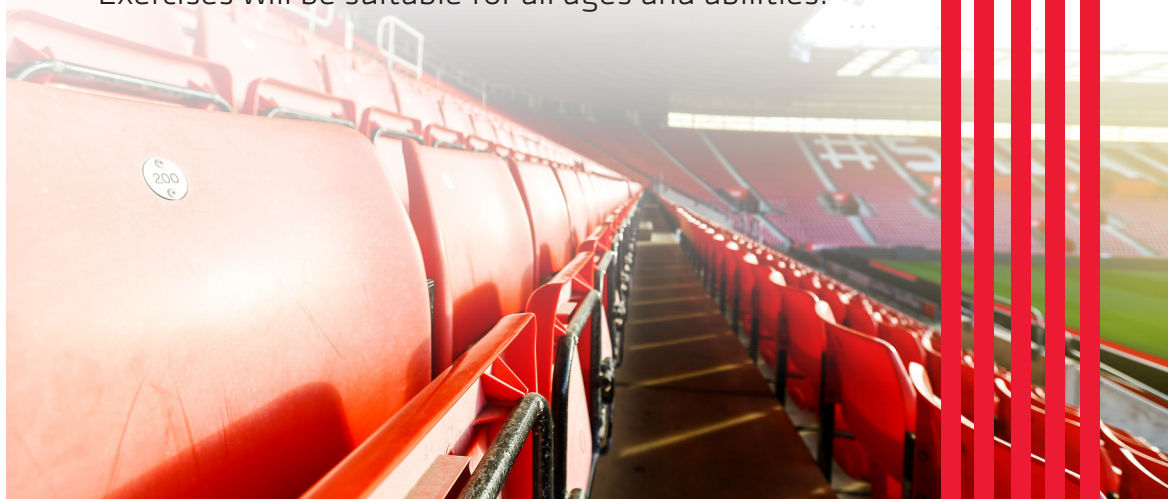
11:00am - 12:00pm

St Mary's Stadium

FREE to take part

Sign up here: southamptonfc.com/saints-foundation/world-record-attempt

Exercises will be suitable for all ages and abilities.



Contact health@saintsfoundation.co.uk for further information
See full Terms and Conditions on southamptonfc.co.uk