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| **Day** | **Time** | **Activity** | **Venue** |
| Monday  FREE | 1.30-2.30PM | Health Walk | Various |
| Monday  £3.00 | 7.30 – 8.30PM | Tai Chi | St Anne’s Church Hall |
| Tuesday  £2.00 | 2.00-3.00PM | Bowls | Ted Fletcher Court |
| Tuesday  £3.00 | 6.00-7.00PM | Yoga | St Anne’s Church Hall |
| Wednesday  £3.00 | 9.30-10.30AM | Yoga | Ted Fletcher Court |
| Wednesday  £3.00 | 9.15-10.00AM | Standing Pilates | St Anne’s Church Hall |
| Wednesday  £3.00 | 10.30-11:30AM | Mat Pilates | St Anne’s Church Hall |
| Thursday  £3.00 | 9.15-10.15AM | Tai Chi | St Andrew’s Church Hall |
| Thursday  £3.00 | 10.30-11.30AM | Tai Chi | St Andrew’s Church Hall |
| Thursday  £2.00 | 10.00-11.00AM | Darts | Ted Fletcher Court |
| Thursday  £3.00 | 12.30-1.30PM | Dance Fit | Rockwell House |
| Friday  £3.00 | 10.00-11.00AM | Low Impact Fitness | St Andrew’s Church Hall |

**You can simply turn up!**