|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Time** | **Activity** | **Venue** |
| Monday | 11.30 – 12.30 | Keep Fit | Dolphin Centre |
| Wednesday | 13.00 – 14.00 | Keep Fit | Dolphin Centre |

**Dolphin Centre Classes – to be booked at the Dolphin Centre or online.**

**Keep Fit**

|  |  |  |  |
| --- | --- | --- | --- |
| Thursday  £3.00 | 13.30 – 14.30 | Keep Fit | Heighington Village Hall |
| Friday  £3.00 | 10.00 – 11.00  **Chair Based** | Keep Fit | Clifton Road Community Centre |

|  |  |  |  |
| --- | --- | --- | --- |
| Monday  £3.00 | 10.30 – 11.30 | Chair Based Exercises | Swindon Court |
| Monday  £3.00 | 10.30 – 11.30 | Chair Based Exercises | Emmerson Court |

**Walking**

**Contact: movemore@darlington.gov.uk |** 01325 405400

|  |  |  |  |
| --- | --- | --- | --- |
| Monday  Free | 13.30 – 14.30 | Health Walk | Haughton Area Various Starting Point |
| Tuesday  £2.50 | 10.00 – 11.00 | Nordic walking | South Park |
| Wednesday  Free | 10.00 – 11.30 | Health Walk | Various in and out of town |
| Thursday  £2.50 | 10.00 – 11.00 | Nordic walking | South Park |
| Friday  Free | 10.00 – 11.00 | Health Walk | Various in town |