|  |  |  |
| --- | --- | --- |
| **Day** | **Time** | **Activity** |
| Monday  £3.00 | 13.00 – 14.00 | Walking football |
| Tuesday  £3.00 | 13.30 – 14.30 | Gentle Exercise |
| Thursday  £3.00 | 10.30 – 11.30 | Chair Based Exercises |
| Friday  £2.50 | 10.30 – 12.30 | Table Tennis Bat and Chat |
| Friday  £3.50 | 13.15 – 14.30 | Tai Chi |

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

**External Eastbourne Sports Complex**

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Time** | **Activity** | **Contact information** |
| Various | Various | Bootcamp | www.Militarybootcampoutdoor.co.uk |
| Wednesday | 11:45 – 13:45 | Breathe easy | [breatheeasydarlington@hotmail.com](mailto:breatheeasydarlington@hotmail.com) |
| Wednesday | 14:00 – 16:00 | Exercise after stroke | [Vicky.grant@darlington.gov.uk](mailto:Vicky.grant@darlington.gov.uk) |
| Wednesday | 18:00 – 20:00 | Leaps & beatz | [andyjuliecollishaw@gmail.com](mailto:andyjuliecollishaw@gmail.com) |
| Friday | 17:15 – 19:15 | Karate | 07901650796 |

**You can simply turn up!**

**You can simply turn up!**