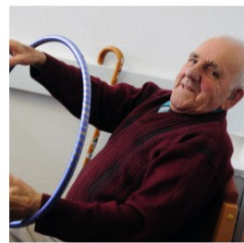




- Get fitter
- Feel better
- Meet new people and have a laugh!



In partnership with



Class Name	Where?	When?	Cost
Action4Pain - Circuit class for those with chronic hip, knee or back pain.	Worle	Fri 9:30am	£6
Sit, Fit & Fun - Gentle, fun, chair based exercises.	Wrington	Weds 2:30pm	£4
	Yatton	Fri 3pm	
Movement to Music - A fun and lively choreographed class for general fitness.	Backwell	Thurs 10am	£6
	Portishead	Mon 11:30am & Tues 11:30am	
	W-s-M	Mon 9:45am & 11am	£5
	Worle	Fri 10am	£6
		Fri 12pm	
Tai Chi QiGong - Easy to learn gentle movements, to improve balance, flexibility and strength. Good for mind, body and wellbeing. Movements can be done seated or standing.	Bleadon	Tues 2pm	£6
	Clevedon	Tues 10am & 11:15am	
	Nailsea	Tues 11am & 1:45pm	
	Portishead	Weds 1pm & 2:15pm	
	W-s-M	Weds 10:30am & Thurs 11am	
	W-s-M outdoor	Weds 12pm	
	Worle	Tues 10am & Fri 2pm	
Yatton	Mon 11:45am	£5	
Strong and Steady - To improve strength and balance, helping to keep you steady on your feet and avoid falls.	Clevedon, Nailsea, Portishead, Shipham, W-s-M, Worle, Yatton	Call 01823 345614 for details	£6
Strictly Seniors - Dance based exercise session.	Clevedon	Thurs 2pm	£6
	Uphill	Weds 10:15am	£5

For more information please call Age UK Somerset on 01823 345624
 email: ageingwell@ageuksomerset.org.uk or visit www.ageuksomerset.org.uk