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| **DAY** | **TIME** | **LOCATION** | **CLASS** | **NAME** |
| MONDAY | 10:30am -11:30am | 19 Eden Street, Astley Bridge, BL1 6NL | Exercise to Music / Strength & Balance  ***(Seated)*** | Laura |
| 10:30am -11:30am | St Peter’s Parish Centre,  347 Church Road,  BL1 5RR | Strength & Balance | Niall |
| 1pm - 2:30pm | Harwood Methodist Church (old building) | Strength & Balance | Niall |
| 2pm | Blackrod Community Centre | Pilates | Volunteer |
| 2pm | Eagley Court, Bromley Cross | Chair-based exercise | Volunteer |
| 3pm - 4pm | Blackrod Community Centre. Greenbarn Way, Blackrod, Bolton BL6 5TG | Strength & Balance  ***(Seated)*** | Laura |
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| TUESDAY | 10am - 10.45am | Ageing Well Centre, Farnworth | Gentle Dance | Laura |
| 10am – 10:45am | Harwood Methodist  (old bldg.) | Keep On Moving | Hazel Devine (vol) |
| 11am – 11:45am | Harwood Methodist  (old bldg.) | Pilates | Hazel Devine (vol) |
| 12pm – 1pm | Harwood Methodist  (old bldg.) | Yoga | Hazel Devine (vol) |
| 11am - 11.45am | Ageing Well Centre, Farnworth | Strength & Balance | Laura |
| 12pm - 12.45am | Ageing Well Centre, Farnworth | Strength & Balance | Laura |
| 10.30am -11.30am | Bolton Arena. Arena Approach, Horwich, Bolton BL6 6LB | Supervised Gym | Niall |
| 1pm - 2pm | Burnden Park  (normally). *Changed to a Wednesday at Horwich Leisure Centre for Winter* | Walking Football | Niall |
| 1:30pm | Eden Lodge | Chair-based exercise | Volunteer |
| 2pm - 3pm | Corner Stone Baptiste Church  [Lords Stile Lane, Bromley Cross, BL7 9JL](https://www.bing.com/local?lid=YN1003x199028311&id=YN1003x199028311&q=Cornerstone+Baptist+Church&name=Cornerstone+Baptist+Church&cp=53.615386962890625%7e-2.416383981704712&ppois=53.615386962890625_-2.416383981704712_Cornerstone+Baptist+Church) | Gentle Dance and Strength & Balance | Laura |
|  | 3pm | St Augustine’s,  Thicketford Rd | Chair-based exercise | Volunteer |
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| WEDNESDAY | 10am - 11am | All Souls Community Centre, Astley Bridge | Strength & Balance  ***(Ladies only - seated)*** | Laura |
| 1pm - 2pm | Smithills Hall | Strength & Balance | Niall |
| 1pm - 2pm | Horwich Leisure Centre | Walking football | Richard |
| 2pm - 3pm | Bolton Arena. Arena Approach, Horwich, Bolton BL6 6LB | Low Impact Circuit | Laura |
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| THURSDAY | 10am - 12pm | Slaterfield Community Centre  *(coming soon)* | Tai-chi | Volunteer |
| 10:30am - 12pm | Grace Church and Centre Somerset Road, Heaton, Bolton, BL1 4NE | CBE and Social | Take name and number and pass to Ann Bellamy (vol) [ann\_bllmy@yahoo.co.uk](mailto:ann_bllmy@yahoo.co.uk) |
| 10:30am -11:30am | Bolton Hospice | Pulmonary Rehab | Niall |
| 10:00am- 10.45am | John Holt Community Centre  [Birch Ave, Westhoughton BL5 2NR](https://www.bing.com/local?lid=YN1029x13348739853788773266&id=YN1029x13348739853788773266&q=John+Holt+Community+Centre&name=John+Holt+Community+Centre&cp=53.5418586730957%7e-2.5182290077209473&ppois=53.5418586730957_-2.5182290077209473_John+Holt+Community+Centre) | Gentle Dance | Laura |
| 10:45am -11:30am | John Holt Community Centre  [Birch Ave, Westhoughton BL5 2NR](https://www.bing.com/local?lid=YN1029x13348739853788773266&id=YN1029x13348739853788773266&q=John+Holt+Community+Centre&name=John+Holt+Community+Centre&cp=53.5418586730957%7e-2.5182290077209473&ppois=53.5418586730957_-2.5182290077209473_John+Holt+Community+Centre) | Strength & Balance  ***(Seated)*** | Laura |
| 1pm - 2pm | Smithills Hall | Tai Chi | Niall |
| 1pm - 2pm | Trinity Mount Methodist Church, Tonge Fold | Strength & Balance | Laura |
| 2pm - 3pm | Trinity Mount Methodist Church, Tonge Fold | Strength & Balance ~  Zumba Gold | Laura |
| 2pm - 4pm | Hulton Lane Community Centre,  107 Hulton Lane, Bolton, BL3 4LL | Tai-Chi | Volunteer |
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| FRIDAY | 10.30am -11.15am | Kearsley Mount Methodist Church | Gentle Dance | Laura |
| 11.30am -12.15pm | Kearsley Mount Methodist Church | Strength & Balance | Laura |
| 10:30am - 11:15am | Westhoughton Library | Tai Chi | Niall |
| 11.30am - 12.15pm |
| 1pm - 2pm | Westhoughton Hub (paid for class - £3 / ring the Hub 01942 850082) | Tai Chi | Niall |

**Classes by Booking Only**

**Contact**: Niall Bradley, Strength & Balance Team Leader

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