

DANCING FOR STRENGTH AND BALANCE (FAST-PACED WITHOUT WALKING AIDS) WITH FRANCINE

This class combines a variety of music and dance styles together with movements and exercise proven to improve strength and balance.

Mondays 9:10-10:10am £9 per class Booking Essential

CAFE CLUB & COFFEE MORNINGS

Come and meet with friends and catch up over a coffee.

Mondays 10:00-11:00am at the Small Batch in Wilbury Road, Hove

Mondays 10:00-11:00am at our cafe in our Seven Dials Building.

EXERCISE FOR OSTEOPOROSIS WITH FRANCINE

Do you have osteoporosis or osteopenia?

Are you independent and able to move around without the use of a walking aid?

Are you able to get up and down from the floor?

YES? Then this class is for you!

This fun and informative exercise class

is targeted at maintaining bone strength, falls and fracture prevention.

Each session will combine Pilates, strength, balance and impact training. We will mimic activities that appear in your daily life.

Mondays 10:20-11:20am £9 per class Booking Essential

SLOW STRENGTH & BALANCE WITH FRANCINE

Are you working towards being more independent?

Are you wanting to improve your strength and balance?

Have you experienced a fall and/or want to prevent future falls?

YES? Then this class is for you!

This is an exercise class focusing on

strength and balance exercises in order to improve stability in your daily life.

Mondays 11:30-12:30pm £9 per class Booking Essential

STRETCH AND RELAX WITH SHONA

Stretch it out with Shona on Tuesdays 10:30-12:00pm. This class aims to increase mobility, balance and coordination through gentle stretching. You will also practice simple relaxation techniques to improve mood and wellbeing.

Tuesdays 10:30am - 12:00pm £7 per class

CHESS FOR BEGINNERS

Come and learn skills and strategy for playing this classic game every week and meet new friends.

Tuesdays 10:30-12:00pm

LUNCHTIME YOGA WITH LUCY (INTERMEDIATE)

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. Our instructors would be pleased to welcome you to their class on Tuesday 13:00-13:45pm.

Tuesdays 13:00-13:45pm £10 per class

KNITTING

Come and meet new friends for a Knit and a Natter!

Every other Tuesday 14:00pm-16:00pm

AGE IS A STAGE! WITH CHRIS

Light or reignite your creative spark in this course for the older generation who still feel young. No experience is necessary, you just have to step through the door – and prepare to play.

The classes consist of gentle warm ups for body and voice and then we explore all aspects of drama through fun exercises and theatre games. Laughter is always a feature of these uplifting classes.

Wednesdays 11:00am-12:00pm £7.50 per class

EXTEND WITH ANGELA

TEXTEND provides recreational movement to music for the over-fifties and for the less-able of any age. Increase mobility, independence, strength, stamina, posture and coordination in this fun and sociable movement class.

Thursdays 10:30-11:30am £4.50 per class

POLE FITNESS WITH CHLOE

Pole fitness is a great way to get fit and have fun doing so. It helps improve upper body and core strength, plus flexibility. You will also find it improves confidence both in the mind and body.

We pride ourselves on creating a friendly, supportive and fun environment.

Fridays 11:00-12:00pm Booked in 6 week courses booking essential

TAI CHI - CHI GONG SHIBASHI WITH FIONA

Tai Chi is a slow and gentle Chinese Martial Art practised for it's multiple health benefits and meditation without leaving you breathless. Our fully qualified instructor will take you through a 60 minute routine designed to improve mental and physical health including posture, balance, flexibility and strength.

Thursdays 11:45-12:45pm

Fridays 11:00-12:00pm

BRIDGE

Come and meet friends and play this classic card game over a coffee.

Fridays 13:30-15:30pm

CHAIR-BASED YOGA WITH KAY

This chair-based class includes a mix of seated and standing practice, with the option to remain sitting. Yoga has many proven benefits, especially as we age, including mobility, strength, balance and stress reduction. A gentle but effective style of yoga, accessible to all.

Fridays 14:30-15:45pm £8 per class