

Please contact the instructor or our office before attending a session

Class Name	Type	Address	Postcode	Contact	Contact Number	Day	Time	Status	Cost
Fairfield Tai Chi	Tai Chi	Buxton Church Centre, Bath Road	SK17 6KJ	Margaret Wood	01433 630142	Tue	2pm	space	£5.00
Hope CBE & Otago1	CBE/Otago	Hope Sports Club, Castleton Road	S33 6RD	Lisa Beard	07971 243470	Fri	10am	SPACE	£7.00
Hope CBE & Otago2	CBE/Otago	Please ring the office to be put on class waiting list			01773 766922			FULL	£7.00
Hope CBE & Otago3	CBE/Otago	Hope Sports Club, Castleton Road	S33 6RD	Lisa Beard	07971 243470	Fri	2.00pm	On Hold	£7.00
Hope Balance Class	CBE/Otago	Hope Sports Club, Castleton Road	S33 6RD	Lisa Beard	07972 243470	Tue	2pm	1st Tues of the month	£7.00
New Mills Strength and Balance 1	CBE/Otago	Volunteer Centre, 33 Union Road, New Mills	SK22 3EL	Adele Gould	01663 744196	Tue	10-10:45	space	£3.00
New Mills Strength and Balance 2	CBE/Otago	Volunteer Centre, 33 Union Road	SK22 3EL	Adele Gould	01663 744196	Tue	11:45-12:30	space	£3.00
Buxton Strength and Balance	CBE/Otago			Adele Gould	01663 744196	Mon	10:45	space	£4.00
New Mills Tai Chi 1	Tai Chi	New Mills Adult Education Centre, Spring Bank	SK22 4AZ	Colin Hughes	01663 746897	Tue	7:30pm	space	Contact
New Mills Tai Chi Beginners	Tai Chi	St George's Church Hall, New Mills	SK22 4NP	Jo Royle	01663 750665	Thu	11:15	not open on last Thurs of the month	£10 membership then £1 per
Calver Tai Chi	Tai Chi	Calver Village Hall, Main Street	S32 3XR	Margaret Wood	01433 630142	Mon	11am	space	
Calver Tai Chi 2	Tai Chi	Calver Village Hall, Main Street	S32 3XR	Margaret Wood	01433 630142	Tue		space	

Buxton Strength & CBE Balance 2		Please ring the office to be put on class waiting list			01773 766922	ON HOLD			
Hartington Strength and Balance	CBE / Otago	Village Hall, Hide Lane, Hartington	SK17 0AW	Anne Kemp Eyre	07789 012248	Fri	11:30am	space	£6.00
Buxton Postural Stability	PSI/Otago/CBE	Methodist Church, Chapel Street, Buxton	SK17 6HX	Sue Hamblin	07796 405312	Wed	12pm	space	£6
Chapel en le Frith CBE	CBE/Otago	Chapel en le Frith Town Hall	SK23 0HP	Natasha Lincoln	07876 022496	Tues	10am	space	