

July at the Marie Lloyd Centre

Monday



12 - 1pm	Dance	Free/£3
2:30 - 3:30pm	Chi Kung	Free/£3



Tuesday



10am - 12pm	Digital Drop In	Free
11am - 12pm	Strength and Balance	Free/£3
12pm - 1:30pm	Lunch Club	£5.50 / £4.50 (members)
12:30 - 1:30pm	Beginners Pilates	Free/£3
1:30 - 2:30pm	Chair Yoga	Free
3:30 - 4:40pm	Feldenkrais	Free/£3



Wednesday

10am - 4pm	Carers Advice Line	Free
10am - 1pm	Carers Advice Drop in	Free/£3
11am - 12:30	Arts and Crafts	Free
12pm - 1:30pm	Lunch Club	£5.50 / £4.50 (members)
1 - 2pm	Chair-based Exercise	Free/£3
1:30 - 3:00pm	Bingo	Free
2 - 3pm	Body Conditioning	Free

Thursday



10:30 - 11:30	Chair-based Exercise	Free
11am - 1pm	Art Club	Free
11:30 - 12:30	Mindfulness	Free
12pm - 1:30pm	Lunch Club	£5.50 / £4.50 (members)
12:30 - 1:30pm	Intermediate Pilates	Free
1:30 - 2:30pm	Stretch & Coordination	Free



Friday



10am - 11pm	Tai Chi Class	£2
10am - 12pm	Garden Group	Free



Special Events

3rd July & 17th July 11am - 12pm	Stroke Group	Free
7th July 11am - 3pm	Foot Clinic (Appointment Only)	£20
8th July 9:30am - 1pm	CleanSlate 20 year Celebration	Free
9th July 2pm - 4pm	Older People's Reference Group	Free
31st July 1pm - 4pm	Fabulous Flamingo Club	£3

All exercise activities are designed to be accessible and accommodate all abilities.



If you would like more information on any of the activities please check out our booklet or speak with Reception.