

Welcome to the
ActivAge GATESHEAD

Age UK Gateshead provides a wide range of exercise classes and leisure activities for people over the age of 50 throughout our borough.

Please ask for our latest leisure activity leaflet or visit our web-site at ageukgateshead.org.uk

LOCATION	DAY/TIME	CHARGE
CHAIR –BASED EXERCISE		
St Joseph’s Church Hall, Blaydon	Mon: 1.15-2.15	£3.00
Pleasant Place, Birtley	Tue: 10.15-11.15	FREE
TAI–CHI/QI GONG		
St Joseph’s Church Hall opposite Gateshead Interchange	Thurs: 10.45-11.45	£3.50
St Joseph’s RC Church, Birtley	Fri: 10.00-11.00	£3.50
LINE DANCING		
St Joseph’s Church Hall opposite Gateshead Interchange . Absolute Beginners Class	Tue: 10.00-10.45	£3.50
St Joseph’s Church Hall opposite Gateshead Interchange	Tue: 11.00-12.00	£3.50
HATHA YOGA		
St Helen’s Church Hall, Belle Vue Bank, Low Fell	Tue: 9.50-10.50	£4.00
PILATES		
St Helen’s Church Hall, Belle Vue Bank, Low Fell	Tue: 11.15-12.15	£3.50
SHORT-MEDIUM-LONG WALKING GROUPS		
Commencing from Gateshead Interchange	Mon-Bi weekly	FREE
Commencing from Gateshead Interchange	Thurs-Bi weekly	FREE

If you would like any information about our other groups, clubs and activities, please contact us on 0191 4773559