

Welcome to our
ActivAge NEWCASTLE exercise Sessions.
 Age UK Gateshead provides a wide range of exercise classes and leisure activities for people who are 50 and older throughout Gateshead and Newcastle.
 Please ask for our latest leisure activity leaflet or visit our web-site at ageukgateshead.org.uk 0191 4773559

LOCATION	DAY/TIME	CHARGE
TAI—CHI		
Mindful Therapies, British India House (Absolute Beginner Class)	Mon: 11.20-12.20	£4.50
Mindful Therapies, British India House (Beginners Class)	Mon: 10.15-11.15	£4.50
Mindful Therapies, British India House	Wed: 10.15-11.15	£4.50
Denton Burn Community Association	Wed: 14.00-15.00	£4.00
Gosforth Garden Village Association	Wed: 13.10-14.20	£4.00
EXERCISE TO MUSIC		
Eldon Leisure Centre	Thurs: 10.15-11.15	£4.50
LINE DANCING		
Blackfriars Centre	Mon: 10.30-11.30	£4.00
Blackfriars Centre	Wed: 10.15-11.15	£4.00
Blackfriars Centre	Wed: 11:20-12:20	£4.00
TAP DANCING		
Blackfriars Centre	Mon: 9.45-10.15	£1.50
YOGA		
Eldon Leisure Centre	Mon: 14.00-15.10	£4.50
EXERCISE FOR MEN		
Jesmond Pool, St Georges Terrace	Thurs: 14.00-14.45	£4.50

If you would like any information about our other groups, clubs and activities, please contact us using the details on the reverse of this leaflet.

Continued

To Help You Find US Class Venues

Mindful Therapies, Basement, British India House, 15 Carliol Square, NE1 6UF.

Denton Community Association, Slatyford Lane, NE5 2UQ.

Gosforth Garden Village Association, Rosewood Avenue, Gosforth, NE3 5DD.

Blackfriars Centre, New Bridge Street, NE1 2TQ.

Eldon Leisure Centre, Grey's Quarter, Newcastle Upon Tyne, NE1 7XY.

****Please Note****

Before attending any of our activities for the first time, please give us a call to confirm costs, if any and to check that the session you have chosen has not been cancelled due to holidays or other events.

Prior to joining in a group or activity you will be asked to complete a client questionnaire or register by an Age UK Gateshead/Newcastle volunteer or tutor. This is so as we have information should there be a medical emergency. Any other details completed on the form will be stored on our data base system in the strictest confidence and will not be given to any other organisations.

If you have any questions about the above please contact us.

Age UK Gateshead, 341-343 High Street, Gateshead, NE8 1EQ.

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Take a look at our web site

www.ageukgateshead.org.uk

Charity Reg: 702561

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