

# Exercise and Social Activities at The Round House & in the community



# What's On

**Exercise classes in The Round House, Lintonville Parkway, Ashington NE63 9JZ:**

## **Tuesdays**

### **Total Body Conditioning**

12.30pm – 1.15pm | £3

### **Cardio Tone**

1.30pm – 2.15pm | £3

## **Wednesdays**

### **Muscle Strength & Core Stability**

10.00am - 10.50am | £3

### **Muscle Strength & (Full) Core Stability**

11.00am - 11.50am | £3

### **Knit, Stitch and Natter**

1.00pm - 3.00pm | £2

## **Thursdays**

### **Pilates**

12.30pm - 1.45pm | £3

### **Exercise to Music**

11.00am - 12.00pm | £3

### **Mat Pilates**

12.30pm - 1.15pm | £3

### **Chair Pilates**

1.30pm - 2.15pm | £3

## **Fridays**

### **Chair/Standing (Full) Exercises Class**

11.00am - 12.00pm | £3

### **Social Fridays Group**

1.00pm - 3.00pm | Free

Class bookings must be made in advance by calling  
The Round House reception team on:

**01670 784 800**

# What's On

## Exercise classes in the community - Northumberland.

### Locations:

#### Alnwick Area

**Monday - Exercise to Music**  
**Longframlington Memorial Hall**  
**9.30am – 10.30am**

**Monday - Men's Exercise Class**  
**Longframlington**  
**Memorial Hall Car Park**  
**11.00am – 12.00pm**

**Monday - Chair & Standing**  
**Costello Centre Alnwick**  
**11am - 12pm**

**Tuesday - Exercise to Music**  
**Shilbottle Village Hall**  
**9.30am – 10.30am**

**Thursday - Exercise Class**  
**Felton Village Hall**  
**10.00am – 11.00am**

**Friday - Sitting & Standing**  
**Exercise Class - Full**  
**Rothbury Jubilee Hall**  
**10.00am – 11.00am**

#### Morpeth Area

**Monday - Exercise to Music**  
**Morpeth St George's Church Hall**  
**10:30am-11:30am**

**Monday - Exercise to Music**  
**Morpeth St George's Church Hall**  
**3.00pm - 4.00pm Class - Full**

**Monday - Exercise to Music**  
**Longhorsley Village Hall**  
**9.15am -10.15am**

**Wednesday - Exercise to Music**  
**Whalton Village Hall**  
**9.30am -10.30am**

**Friday - Gentle Exercise to**  
**Music Class**  
**Hepscott Village Hall**  
**10.30am – 11.30am**

**Friday - Social Fridays Group**  
**Morpeth Library in Royal**  
**Sovereign House - Free**  
**10.00am - 12.00pm**

#### Berwick Area

**Wednesday - Exercise to Music**  
**Norham Village Hall**  
**10.00am – 11.00am**

# Classes in the community continued:

## Ashington Area

**Tuesday - Dancemix Gold**  
**Ashington YMCA**  
**10.00am – 11.00am**

## Blyth Area

**Monday - Gentle Exercise**  
**New Hartley Community**  
**Centre**  
**10.30am – 11.30am -**

**Wednesday - Body Conditioning**  
**Briardale Community Centre**  
**1pm – 2pm - starting 9th**  
**February**

## Bellingham Area

**Tuesday - Exercise to Music**  
**Town Hall, Bellingham**  
**12pm – 1pm**

## Tynedale Area

**Monday - Exercise to Music**  
**Slaley Village Hall**  
**9.30am – 10.30am**

**Monday - Chair Exercises**  
**Slaley Village Hall**  
**10.45am – 11.45am**

**Tuesday - Muscle Strength &**  
**Balance Class**  
**Hexham Torch Centre**  
**10.00am – 11.00am**

**Friday - Exercise to Music**  
**Haydon Bridge**  
**Community Centre**  
**9.45am -10.45am**

## Cramlington Area

**Friday - Social Fridays Group**  
**Beaconhill Community Centre**  
**Cramlington - Free**  
**9.30am - 11.30am**

**All classes must be booked in advance prior to attending & charges may vary. For further information please call us on:**

**01670 784 800**

**E: [info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk)**

[www.ageuk.org.uk/northumberland](http://www.ageuk.org.uk/northumberland)



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