

# Exercise and Social Activities in the community



 Northumberland  
**ageUK**

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# What's On in the community

## Alnwick Area

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

Monday - General Exercises  
Memorial Hall,  
Longframlington  
11.00am – 12.00pm

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

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

Wednesday - Chair Based  
Exercises  
Longhoughton Community  
Centre  
11.30am-12.30pm

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

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

## Ashington Area

Tuesday - Dancemix Gold  
Ashington YMCA  
10.00am – 11.00am

## Morpeth Area

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

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

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

Monday - Chair Based Exercises  
Netherton Village Hall  
10am-11am

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

Wednesday - Sitting & Standing  
Hepple Village Hall  
2.30pm -3.30pm

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

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

# Classes in the community continued:

## Blyth Area

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

**Monday - Sitting & Standing**  
Central Methodist Church, Blyth  
10.30am – 11.30am

**Wednesday - Body Conditioning**  
Briardale Community Centre,  
Blyth  
1pm – 2pm

**Tuesday- Social Group**  
Blyth Community Hub  
Keel Row Shopping Centre, Blyth  
10am - 12pm

## Bellingham Area

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

## Cramlington Area

**Friday - Social Group**  
Cramlington Community Hub  
Manor Walks Shopping Centre,  
Cramlington - £2  
9.30am - 11.30am

## 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

## Bedlington Area

**Monday - Social Group**  
Bedlington Library, Glebe Road  
Bedlington  
1.30pm – 2.30pm

## Berwick Area

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

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