

**Classes in The Round House**

**All classes must be booked in advance**.

For further information, please contact: Anne Robinson (01670) 784 800

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| **Day** | **Venue** | **Time** | **Type of Class** |
| Wednesday | **Ashington**  **Round House** | 10.00am – 11.50am | Muscle Strength and Core Stability  Full |
| Wednesday | **Ashington Round House** | 11.00am – 11.50am | Muscle Strength and Core Stability |
| Thursday | **Ashington Round House** | 12.30pm – 1.15pm | Pilates |
| Thursday | **Ashington Round House** | 11.00am – 12.00pm | Exercise to Music |
| Friday | **Ashington Round House** | 11.00am – 12.00pm | Chair/Standing Exercises  Class full |
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