

Exercise and Social Activities at the Round House and in the Community



What's On

Exercise and Social Activities in The Round House, Lintonville Parkway, Ashington, NE63 9JZ

Mondays

Circuit Class

10.00am - 10.45am | Free

Tuesdays

Live Well with Dementia

10.00am - 12.00pm | Free

Zoom Class: Low Strength and Balance

10.00am - 10.30am | Free

Wednesdays

Functional Fitness: Muscle Strength
and Balance Class

10:30am - 11:15am | £3

Chair Yoga

12:00pm - 12:45pm | £3

Knit, Stitch and Natter

1.00pm - 3.00pm | £2

Thursdays

Zoom Class: Low Strength and Balance

10.00am - 10.30am | Free

Belly Dancing

11.00am - 12.00pm | £3.50

Mat Pilates

12.30pm - 1.15pm | £3

Chair Pilates

1.30pm - 2.15pm | £3

Fridays

Gentle Exercise Class

11.00am - 12.00pm | £3

Social Fridays Group

1.00pm - 3.00pm | Free

For more information, please call
The Round House reception team
on: **01670 784 800**



What's On in the Community

Alnwick Area

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

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

Monday - Chair and Standing
Costello Centre, Alnwick
11.00am - 12.00pm

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

Wednesday - Chair Based Exercises
Thropton Memorial Hall
10.00am - 11.00am

Wednesday - Live Well with Dementia
St James' Church, Alnwick
10.00am - 12.00pm

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

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

Ashington Area

Tuesday - Dancemix Gold
Ashington YMCA
9.45am - 10.45am

Tuesday - Live Well with Dementia
Age UK Northumberland
10.00am - 12.00pm

Wednesday - Gardening Group
Woodhorn Museum
10.00am - 12.00pm

Morpeth Area

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

Monday - Chair Based Exercises
Netherton Village Hall
10.00am - 11.00am

Monday - Live Well with Dementia
Morpeth Methodist Church
10.00am - 12.00pm

Monday - Exercise to Music
St George's Church Hall, Morpeth
10.30am - 11.30am

Monday - Gentle Chair Exercise
St George's Church Hall, Morpeth
12:00pm - 12:45pm

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

Thursday - Sitting and Standing
Heppele Village Hall
10.00am - 11.00am

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

Friday - Social Group
Morpeth Library in Riverside Leisure Centre
10.00am - 12.00pm



What's On in the Community

Amble Area

Monday - Social Group
Dolphin Court, Amble
10.00am - 12.00pm

Blyth Area

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

Monday - Sitting and Standing
Central Methodist Church, Blyth
10.30am - 11.30am

Tuesday - Social Group
St Mary's Parish Centre, Wanley Street
10.00am - 12.00pm

Bellingham Area

Tuesday - Exercise to Music
Town Hall, Bellingham
12.00pm - 1.00pm

Cramlington Area

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

Bedlington Area

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

For further information:

Call: 01670 784 800

Email: info@ageuk-northumberland.org.uk

www.ageuk.org.uk/northumberland

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

Wednesday - Social Group
St Mary's Parish Centre, Ponteland
10.30am - 12.00pm

Wednesday - Social Group
Haltwhistle Hospital, Community Room
1.00pm - 3.00pm

Thursday - Live Well with Dementia
Merton Hall, Ponteland
10.00am - 12.00pm

Berwick Area

Wednesday - Exercise to Music
Norham Village
10.00am - 11.00am



Registered Charity Number: 1072394



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