

Get your body moving,  
and have some fun at our

## EXERCISE CLASSES IN YOUR LOCAL COMMUNITY!

### Alnwick Area

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

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

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

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

### Ashington Area

**Monday - Chair Core and More**  
Lynemouth Day Centre  
**12.30pm - 1.30pm**

**Tuesday - Zumba**  
St. Aidan's Church Hall  
**9.45am - 10.45am**

**Wednesday - Chair Core and More**  
Hirst Welfare Centre  
**12.00pm - 1.00pm**

**Thursday - Chair Core and More**  
Stakeford and Bomarsund Welfare  
**10.30am - 11.30am**

### Berwick Area

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

### Blyth Area

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



## Morpeth Area

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

Monday - Exercise to Music  
St George's Church Hall, Morpeth  
10.00am - 11.00am

Monday - Gentle Chair Exercise  
St George's Church Hall, Morpeth  
11.30am - 12.30pm

Wednesday - Exercise to Music  
Whalton Village Hall  
9.00am - 10.00am

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

## Rothbury Area

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

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

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

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

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VINEHILL TRUST



## Tynedale Area

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

Monday - Seated Exercises  
Slaley Village Hall  
10.45am - 11.45am

Tuesday - Exercise to Music  
Hexham Torch Centre  
10.00am - 11.00am

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

Thursday - Chair Core and More  
St Mary's Parish Hall, Ponteland  
1.00pm - 2.00pm

Thursday - Yoga Class  
Barrasford Village Hall  
1.15pm - 2.30pm

Friday - Yoga Class  
Prudhoe Parish Hall  
10.00am - 11.00am



**If you need any information about our classes, please get in touch with us!**

Call: 01670 784 800

Email: [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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