

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

Friday - Chair Exercises
North Seaton Community Centre
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

Supported by

VINEHILL TRUST

 **SPORT
ENGLAND**

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 - 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

www.ageuk.org.uk/northumberland

 **Northumberland**
age UK Let's change how we age

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