

Join us at The Round House,
and come along to our...

EXERCISE CLASSES!

Circuit Class

Monday - 9.00am - 9.45am | £3.00

Circuit Class

Monday - 10.00am - 10.45am | £3.00

Functional Fitness: Muscle Strength and Balance

Monday - 11.00am - 11.45am | £3.00

Chair Pilates

Monday - 12.30pm - 1.15pm | £3.00

Functional Fitness: Muscle Strength and Balance

Wednesday - 10.00am - 10.45am | £3.00

Functional Fitness: Muscle Strength and Balance

Wednesday - 11.00am - 11.45am | £3.00

Chair Yoga

Wednesday - 12.00pm - 12.45pm | £3.00

Total Body Conditioning

Thursday - 10.00am - 10.45am | £3.00

Dancercise

Thursday - 11.00am - 11.45am | £3.00

Mat Pilates

Thursday - 12.15pm - 1.00pm | £3.00

Chair Pilates

Thursday - 1.15pm - 2.00pm | £3.00



FOR MORE INFORMATION:

Call: 01670 784 800

Email: info@ageuk-northumberland.org.uk