

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

# EXERCISE CLASSES!

**Get your body moving,  
and have some fun!**

**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 - 10.30am - 11.15am | £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

Supported by

**VINEHILL TRUST**



**FOR MORE  
INFORMATION:**

Call: 01670 784 800

Email: [info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk)