

# 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

### Tuesdays

Total Body Conditioning  
12.30pm - 1.15pm | £3

Zoom Class: Low Strength and Balance  
2.00pm - 2.30pm | Free

Chair Pilates  
2.45pm - 3.30pm | £3

### Wednesdays

Beginner Chair Aerobics  
11.15am - 12.00pm | £3

Stretch and Relaxation  
12.15pm - 12.45pm | £2

Knit, Stitch and Natter  
1.00pm - 3.00pm | £2

### Thursdays

Mat Pilates  
12.30pm - 1.15pm | £3

Chair Pilates  
1.30pm - 2.15pm | £3

Total Body Conditioning  
2.30pm - 3.15pm | £3

### Fridays

Chair/Standing 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 - Chair Based Exercises  
Longhoughton Community Centre  
11.30am - 12.30pm

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

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 - 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  
Hepple 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  
Amble Library, 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

## For further information:

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)

## 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

## Bedlington Area

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

## Berwick Area

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



Registered Charity Number: 1072394



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