



Exercise Classes

Get moving with our free evening exercise classes taking place this summer at The William and Patricia Venton Centre. Whether you're new to exercising or looking to keep active, these sessions are open to all.

Our friendly classes offer a mix of light cardio, strength, and mobility exercises to help you feel more energised, improving overall fitness, and support your wellbeing. All movements can be adapted to suit your own level of fitness, so you can go at your own pace.

Why not give it a go? It's a fun and supportive way to stay healthy, meet new people, and keep your body moving in a relaxed environment.

Every Thursday from June 3 - August 7 2025.

17:00 - 18:00

Age UK Plymouth, The William and Patricia Venton Centre, Astor Drive, Mount Gould, Plymouth PL4 9RD


For more information please contact us:

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