

# Twickenham Wellbeing Centre - Arragon Road, Twickenham, London, TW1 3NH

020 8538 9254

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Art &amp; Craft Group or Knit &amp; Natter Group</b> 9.30am - 12.25pm £1.50	<b>Zumba Gold</b> 10am - 10.45am £5 An aerobic fun workout working all muscle groups.	<b>Embroidery/Knitting</b> 10am - 1.30pm £2 A nice social get together	<b>Medium Impact Exercise</b> 9.30am - 10.30am £5 With Kate	<b>Chiropody</b> 9am - 2pm £20 members Twice monthly, by appointment
<b>Bridge</b> 10.30am - 12.25pm £1.50 Experienced or just learning, all welcome.	<b>Ruils Community Choir</b> 11am - 11.45am No charge Mix abilities & ages in an inclusive disability environment. email garywilliams@ruils.co.uk	<b>Core Ball Training</b> 10am - 10.45am £5 Fun softball exercises for a strong core.	<b>Pilates</b> 10.45am - 11.45am £5 With Kate, all levels. Bring a towel	<b>Yoga</b> 9.45am - 10.45am £5 With Juliet. Floor based, adapting to your needs.
<b>Card &amp; Board Games</b> £1.50 10am - 12.25pm Keep your mind active & spirits high.	<b>Man with a Pan</b> 12pm - 2pm Cooking class	<b>Falls Class*</b> 11.15am - 12pm £5 members £6 non-members Helps improve balance & mobility	<b>Monthly Health Stroll</b> 11.15am No charge Last Thursday of every month. Meet outside the Twickenham Wellbeing Centre	<b>Chair Exercise</b> 11am - 12pm £5 Exercise without putting pressure or strain on your body.
<b>Time to Move</b> 12.45pm - 1.30pm £5 Uplifting class, move at your own pace, low impact class	<b>Standing &amp; chair-based Pilates</b> 2.15pm - 3.15pm £5 Standing & sitting down Pilates movements	<b>Tai-Chi</b> 12.30pm - 1.30pm £5 With Chris. Helps reduce stress	<b>Strength Training</b> 12pm - 12.45pm £5 With personal trainer Ash.	<b>Coffee Morning</b> 10am - 12pm Sociable get together.
<b>Massage, Reflexology</b> 11am - 3pm £25 Book with Karin on 020 8940 9949 / 07940537134	<b>Spanish</b> 10am - 11am 11.30am - 12.30am 1.30pm - 2.30pm £35 for 6-week course	<b>Line Dancing</b> 2pm - 3pm £5 With Bryan	<b>Yoga</b> 1.15pm - 2.15pm £5 With Juliet. Floor based, adapting to your needs.	<b>Exercise</b> 12.30pm - 1.30pm £5 With Bryan
<b>Pilates</b> 2pm - 2.55pm £5 With Kate, all levels. Please bring a towel.	<b>Hairdresser</b> By appointment (Tuesday or Thursday) £ Cost Varies With Tina / Gay	<b>Legs, tums &amp; bums</b> 3.15pm - 4pm £5 With Ash. Personal coach led fitness class	<b>Peer Support for people living with Dementia</b> Run by Alzheimer's Society. Call Dan 07858815758	<b>Mobility Fitness</b> 1.45pm - 2.30pm £5 Build balance, strength & confidence with ease.
<b>Strength Training</b> 3pm - 3.45pm £5 With personal trainer Ash			<b>Italian</b> 11am - 12pm £48 for 6-week course	<b>Men's Strength Training</b> 3pm - 3.45pm £5 For men over 55