

Day	Activity	Time	Description	Cost
Monday	Art Group	9.30am - 12pm	A social group for all levels	£1.50
	Bridge Club	10.30am - 12.30pm	All Levels	£1.50
	Time to Move	12.45pm - 1.30pm	An inspired and uplifting class, ideally to suit all who want to move at their own pace. It is a fun and effective low impact class	£5
	Massage, Reflexology	11am - 3pm	Please call Karin to book an appointment on 020 8940 9949/07940 537134	£25
	Pilates	2pm - 3pm	With Kate. All levels, please bring a towel	£5
Tuesday	Zumba Gold	10am - 10.45am	An aerobic fun workout working all muscle groups	£5
	Ruils Community Choir	11am - 11.45am	A mixed group of all abilities and ages, singing and discussing music and song writing in an inclusive and disability friendly environment. please email Gary at garywilliams@ruils.co.uk to get involved	No charge
	Man with a Pan	12pm - 2pm	Cooking class	
	Stretch, release & Realign	2.15pm - 3.15pm	Stretch out your entire body to release tension, mobilise stiff joints and enjoy a sense of peace and calm.	£5
Wednesday	Embroidery/ Knitting Group	10am - 3pm	A nice social get together	£2
	Falls Class*	11.15am - 12pm	Helps to improve balance and mobility	£5 members £6 non-members
	Tai-Chi	12.30pm - 1.30pm	With Robin. Helps reduce stress, improve balance, general mobility and muscle strength	£5
	Line Dancing	2pm - 3pm	With Bryan	£5
Thursday	Medium Impact Exercise	9.30am - 10.30am	With Kate	£5
	Pilates	10.45am - 11.45am	With Kate. All levels, please bring a towel	£5
	Health Stroll	11.15am - 11.45am	Last Thursday of each month (meet outside Twickenham Wellbeing Centre)	No charge
	Yoga	1.15pm - 2.15pm	With Juliet. Floor based, adapting to your needs and abilities for mind, body and soul	£5
	New Strength Training Class	12pm - 1pm	In a strength training class, you'll be moving weights (or your body) in a way that creates resistance to build strength, tone muscle, shed fat and burn calories, all packed into one workout	£5
	Hairdresser	By appointment	With Tina	cost varies
	Peer support group for people living with Dementia		Run by Alzheimer's Society. Please call 020 8036 9570	
Friday	Yoga	9.45am - 10.45am	With Juliet. Floor based, adapting to your needs and abilities for mind, body and soul.	£5
	Chair Exercise	11am - 12pm	Effectively assist to exercise and move without putting undue pressure or strain on your body. Lubricate joints to keep them supple and flexible	£5
	Coffee Morning	10am - 12pm	Sociable get together	
	Fish & Chip Lunch	12pm - 2pm	Please order before 11.30am	
	Chiropody	9.30am - 2.30pm	Twice monthly, by appointment	£20 members
	Exercise	12.30pm - 1.30pm	With Bryan	£5