

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