

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