



- Get fitter
- Feel better
- Meet new people & have a laugh!



| Class Name | Where? | When? | Cost |
|--|---|-------------------------------|-------|
| Strong and Steady - To improve strength and balance, helping to keep you steady on your feet and avoid falls. Call 01823 345614 for details. | Axbridge, Bridgwater, Burnham on Sea, Shipham | Call 01823 345614 for details | £4.00 |
| Yoga, Stretch and Flex - Combines breathing and relaxation movements to balance the mind and improve flexibility. | Axbridge | Mondays at 10am | £5.00 |
| Tai Chi QiGong - Easy to learn gentle movements, to improve balance, flexibility and strength. Good for mind, body and wellbeing. Join in seated or standing. | Brent Knoll | Thursdays at 10.30am | £5.00 |
| Mature Movers - Fun, fairly active movement to music class that is great for improving strength, balance and co-ordination. | Bridgwater | Tuesdays at 2.30pm | £5.00 |
| Walking Football - A gentle, inclusive version of the beautiful game. | Bridgwater | Saturdays at 10:30am | £2.00 |
| Yoga, Stretch and Flex - As above | Bridgwater | Wed, 10:30am | £5.00 |
| Flexercise - Fun, gentle chair based exercises. | Cannington | Fri, 10.30am | £3.00 |
| Tai Chi QiGong - As above | Cannington | Thurs, | £3.00 |
| Movement to Music - For general fitness and for improving balance, co-ordination and circulation. Seated and Standing. | Cheddar | Tuesdays at 2pm | £5.00 |
| Mature Movers - As above | Pawlett | Tues, 2.30pm | £5.00 |
| Flexercise - As above | Spaxton | Thurs, 2.00pm | £3.00 |

For more information please contact Age UK Somerset - 01823 345626
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