



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

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SOMERSET
County Council

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.	Minehead & Williton	Call 01823 345614 for details	£4.00
Tai Chi QiGong - Easy to learn gentle movements, to improve balance, flexibility and strength. Good for mind, body and wellbeing. Movements can be done	Dunster	Tuesdays at 1:45pm	£5.00
Yoga-themed, Stretch & Flex - Combines breathing and relaxation movements to balance the mind and	Minehead	Thursdays at 11am	£5.00
Swimming - General swimming session for the over 60s.	Minehead	Mondays at 8am	£5.00
Tai Chi QiGong - As above	Minehead	Thurs, 2pm	£5.00
Table Tennis - Fun & social play for those wishing to return to the game or those	Minehead	Fridays 9 & 10:45 am	£2.50
Tai Chi QiGong - As above	Stogursey	Tues, 10.30am	£3.00
Table Tennis - As above	Watchet	Mon, 2pm	£2.50

For more information contact Age UK Somerset on 01823 345626
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