



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

Funded by



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.	Chard, Ilminster, Langport, Martock, Crewkerne, Somerton, South Petherton, Yeovil	Call 01823 345614 for details	£4.00
Mature Movers - Fun, fairly active movement to music class that is great for improving strength, balance and co-ordination.	Chard	Mon, 10:30am Thurs, 10:30am	£5.00
Yoga - Seated and standing. Combines breathing and relaxation movements to balance the mind and improve flexibility.	Martock	Mon, 11:30am	£5.00
Tai Chi QiGong - Easy to learn gentle movements, to improve balance, flexibility and strength. Good for mind, body and wellbeing. Movements can be done seated or standing.	Martock	Mon, 1:30pm	£3.00
Coarse Fishing - A relaxed, informal, volunteer-led session. Own kit required.	Somerton	Wednesdays at 11am	£3.00
Movement to Music - For general fitness and for improving balance, co-ordination and circulation. Both seated and standing elements.	Somerton	Mondays at 10:15am	£5.00
Gentle Pilates - Simple but effective exercises, that will strengthen the whole body and improve both your balance and posture. A mix of seated and standing work.	Somerton	Fridays at 11:30	£5.00
Movement to Music - As above	Yeovil	Tues, 11:30am	£5.00
Tai Chi QiGong - As above	Yeovil	Mon, 11am	£3.00

For more information please contact Age UK Somerset 01823 345626
ageingwell@ageuksomerset.org.uk www.ageuksomerset.org.uk