



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

In partnership with



Somerset Council

Class Name	Where?	When?	Cost
Coarse Fishing - A relaxed, informal, volunteer-led session. Own kit required. -**Excluding Winter	Somerton	Wed, 11am**	£3
Gentle Pilates - Simple but effective exercises, that will strengthen the whole body and improve both your balance and posture. Mat based class.	Somerton	Tues, 10am	£5
Movement to Music - A fun and lively choreographed class.	Somerton	Mon, 10:15am	£5
	Yeovil	Mon, 10am	
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.	Long Sutton	Mon, 10:30am	£5
	Martock	Mon, 1:30pm	£4
	Milborne Port	Mon, 2pm	£5
	Mudford	Tues, 11:30am	£5
	Seavington	Thurs, 10:15am	£5
	South Petherton	Weds, 10:30am	£5
	Yeovil	Mon, 11am	£4
	Queen Camel	Thurs, 10:30am	£5
Strong and Steady - To improve strength and balance, helping to keep you steady on your feet and avoid falls.	Chard, Ilminster, Langport, Crewkerne, Somerton, South Petherton, Yeovil	Call 01823 345614 for details	£6
Yoga - Seated and standing. Combines breathing and relaxation movements to balance the mind and improve flexibility.	Martock	Mon, 11:30am	£5

For more information please contact Age UK Somerset 01823 345624
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