



- 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.	Taunton, Wellington, Wiveliscombe	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 seated or standing.	Oake	Mon, 2pm	£5.00
Mature Movers - Fun, fairly active movement to music class that is great for improving strength, balance and co-ordination.	Taunton	Tuesdays at 10:30am	£5.00
Tai Chi QiGong - As above	Taunton	Wed, 2:30pm	£4.00
Flexercise - Gentle, fun, chair based exercises.	Taunton	Mon, 2pm	£3.00
Chair-based Mature Movers - Gentle, chair based exercises that are suitable for everyone.	Wellington	Tuesdays at 1:30pm	£5.00
Boccia & Kurling - Find fun and friendship with this social target game practice.	Wellington	Wednesdays at 11am	£3.00
Mature Movers - As above	Wellington	Tues, 10am	£5.00

For more information please call Age UK Somerset on 01823 345626
email: ageingwell@ageuksomerset.org.uk or visit www.ageuksomerset.org.uk