



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



Class Name	Where?	When?	Cost
Boccia & Kurling - Find fun and friendship with this social target game practice.	Wellington	Wed, 11am	£3
Sit, Fit and Fun - Gentle, fun, chair based exercises.	Bishops Lydeard	Mon, 2pm	£3
	Staplegrove	Tues, 12:30pm	
Gentle Pilates - Seated and standing exercises for strength, balance and mobility.	Wiveliscombe	Tues, 2pm	£5
Movement to Music - A fun and lively choreographed class.	Taunton	Tues, 10:30 am	£5
	Wellington	Tues, 10am	
Seated Movement to Music - A chair-based fun and lively choreographed class.	Wellington	Tues, 12pm	£5
Strong and Steady - To improve strength and balance, helping to keep you steady on your feet and avoid falls.	Taunton	Call 01823 345614 for details	£6
	Wellington		
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.	Milverton	Mon, 11:30am	£5
	Oake	Mon, 2pm	
	Taunton	Wed, 2:30pm	
	Wellington	Fri, 11:30am	
	West Monkton	Thurs, 2pm	

For more information please call Age UK Somerset on 01823 345624
email: ageingwell@ageuksomerset.org.uk or visit www.ageuksomerset.org.uk