

Main Event Space



- 10.00am -10. 20 Start the day with Seated Zumba with Sarah.
- 10,30- 11 Singing for Fun with Horbury SCS Group.
- 11.15 - 12.30 Singing for the Brain with Antony and Alzheimer's Society.
- 12.45 - 2pm Vocalist Lee Michaels.
- 2pm to 3pm Castleford Male Voice Choir closes the show.

Exercise Zone Tree Bar area Upper Mall

- 10.30- 11 am Seated Zumba with Sarah
- 11.30 - 12 noon Seated exercises,
- 1.00 to 1.45pm Line Dancing with Tracy Lee
- 2.00 to 3pm Qi Gong and seated meditation with Kathryn.