

OUR FITNESS & WELLBEING ACTIVITIES ARE BACK!



Fitness (Over 50s)

Wednesday
10:00 – 11:00
£1 per session



Ladies' Aerobics

Thursday
9:30 – 10:30



Ladies' Chair-Based Exercise

Thursday
10:30 – 11:30



NEW!

Tai Chi

Wednesday
15:30 – 16:30

NO NEED TO BOOK!

See our full weekly timetable
for all activities and times!