



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

In partnership with



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.	Clevedon, Nailsea, Portishead, WSM, Yatton	Call 01823 345614 for details	£4.00
ESCAPE-pain - Group-based rehabilitation programme for the management of hip and knee arthritis. Call 01823 345626 for details.	Bleadon & Worle	Tuesdays and Thursdays	Free
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.	Bleadon	Thursdays at 2pm	£5.00
Seated Yoga, Breathe, Stretch & Flex - Combines breathing and relaxation movements to balance the mind and improve flexibility.	Easton - in Gordano	Mondays at 9:45am	£5.00
Tai Chi QiGong - As above	Nailsea	Fridays at 2pm	£5.00
Movement to Music - For general fitness and for improving balance, co-ordination and circulation. Both seated and standing elements.	Portishead	Mon, 11:30am Tues, 11am	£5.00
Movement to Music - As above	Worle	Fri, 12 pm	£5.00
Movement to Music - As above	Weston-super-Mare	Mon, 9:45am Mon, 11am	£4.00
Movement to Music - As above	W-s-M	Fri, 10am	£5.00
Zumba Gold® - A low impact dance fitness class for older people. You'll find the moves easy to follow, the music inspiring, and you'll have lots of fun.	W-s-M	Mondays at 2:30pm	£5.00
Tai Chi QiGong - As above	Yatton	Mon, 11:45am	£3.00

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