

Ageing Well

Exercise & Activity sessions

for older adults in North Somerset



Our friendly sessions can help you to **get fitter,** **feel better,** **meet new people &** **have a laugh!**

	Where?	When?	Cost
Movement to Music - A fun and lively choreographed class for general fitness.	Backwell	Thurs 10am	£6
	Weston s Mare	Fri - Currently Full	£6
	Weston s Mare	Mon 9.45am	£5
	Weston s Mare	Mon 11am - FULL	£5
	Worle	Currently full	£6
Outdoor Tai Chi - Weather dependent!	Weston s Mare	Weds 12noon	£6
Sit, Fit & Fun - Gentle, fun, chair-based exercises	Yatton	Fri 3pm	£4
	Wrington	Weds 2pm	£4
	Wrington	Weds 3.15pm	£4
Strictly Seniors - Dance based exercise.	Uphill	Currently full	£5
Strong and Steady - Sessions which improve strength and balance, helping to keep you steady on your feet and avoid falls.	Clevedon, Nailsea Portishead, Shipham, Weston super Mare, Worle, Yatton	Call 01823 345614 for details	£6
	Bleadon	Tues 2pm Termtime	£6
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.	Kewstoke	Thurs 2.30pm	£6
	Nailsea	Tues 11am	£6
	Nailsea	Tues 1.45pm FULL	£6
	Portishead	Weds 1pm	£6
	Portishead	Weds 2.15pm FULL	£6
	Weston s Mare	Weds FULL	£6
	Weston s Mare	Thurs 11am	£6

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