

Staying Steady - in North Somerset

Health and well-being sessions for older adults

Class	Venue	Day & Time	Cost
Flexercise	Lawnside - Backwell	Fridays 10.30am-11.30am	Donations
Extend Movement to Music	Clevedon Baptist Church Hall	Tuesdays 12noon to 1pm	£4.00
Flexercise	Clifton Court, Clevedon	Mondays 11.30am-12.30pm	Donations
Seated Yoga, Breathe, Stretch & Flex	St George's Church Hall, Easton in Gordano	Mondays 9:45am-10:45am	£4.00
Extend Movement to Music	Wesley Methodist Church Centre, Nailsea	Wednesdays 2:30pm-3:30pm	£4.00
Extend Movement to Music	Pill Community Centre	Wednesdays 10:30-11:30am	£4.00
Breathe, Stretch and Flex	Methodist Church Wesley Centre, Portishead	Tuesdays 11:15am-12:15pm	£4.00
Flexercise	Hanover House, Portishead	Starts 18 th October, then Wednesdays 11am-12pm	Donations
Flexercise	St Peter's Lodge, Portishead	Contact us	Donations
Flexercise	Waverley Court, Portishead	Wednesdays 4pm-5pm	Donations
Extend Movement to Music	Methodist Church Wesley Centre, Portishead	Tuesday 10am-11am & Thursday 11am-noon	£4.00
Extend Movement to Music	United Reform Church, Weston super Mare	Fridays 10am-11am	£4.00
Tai Chi - Seated and standing	Knightstone House, Weston super Mare	Tuesdays 11am-12noon	Donations
Chair based Movement to Music	Milton Baptist Church Hall, Weston super Mare	Wednesdays, 2-3pm	Donations
Staying Steady for Seniors	Clarence Park Baptist Church, Weston super Mare	Fridays - contact for time.	Donations
Flexercise	Knightstone Place, Worle	Mondays 11-12noon	£4.00
Extend Movement to Music	Worle Baptist Church	Fridays 11.45am-12.45pm	£4.00
Chair Based Movement to Music	Tamar Court, Worle	Tuesdays 2.30-3.30	Donations
Tai Chi for all abilities	Winscombe Community Centre	Fridays 2pm-3pm	£4.00
Extend Movement to Music	Yatton Village Hall	Tuesdays 2pm-3pm	Free

For more information please call Nikki at Age UK Somerset

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