

# Strength & Balance Classes

Classes led by Age UK Bolton's Strength & Balance team - held every weekday except Wednesday.

## Monday

|  |                                  |                   |       |
|--|----------------------------------|-------------------|-------|
| Strength & Balance                       | St. Peter's Halliwell            | 9.30am - 10.30am  | Ste   |
| Strength & Balance (refreshments after)* | Astley Bridge Baptist Church     | 10.30am - 11.30am | Laura |
| Gentle Circuit                           | St. Peter's Halliwell            | 11.00am - 12.00pm | Ste   |
| Strength & Balance (refreshments after)* | Astley Bridge Baptist Church     | 12.00pm - 1.00pm  | Laura |
| Gentle Circuit                           | Harwood Methodist (new building) | 12.00pm - 1.00pm  | Niall |
| Strength & Balance                       | Harwood Methodist (new building) | 1.00pm - 2.00pm   | Niall |
| Strength & Balance                       | Blackrod Community Centre        | 3.00pm - 4.00pm   | Ste   |
| Gentle Circuit with Bolton U3A           | Harwood Methodist (old building) | 4.00pm - 5.00pm   | Niall |

## Tuesday

|                     |                                  |                   |       |
|---------------------|----------------------------------|-------------------|-------|
| Gentle Dance*       | Ageing Well Centre, Farnworth    | 9.15am - 9.55am   | Laura |
| Gentle Dance*       | Ageing Well Centre, Farnworth    | 10.00am - 10.45am | Laura |
| Gentle Circuit      | Harwood Methodist (old building) | 10.00am - 11.00am | Niall |
| Strength & Balance  | Elderdale Centre Brightmet       | 10.00am - 11.00am | Ste   |
| Tai Chi             | Harwood Methodist (old building) | 11.00am - 12.00pm | Niall |
| Strength & Balance* | Ageing Well Centre, Farnworth    | 11.00am - 11.45am | Laura |
| Chair-based Yoga    | Elderdale Centre Brightmet       | 11.15am - 12.00am | Ste   |

|   |                               |                   |       |
|---|-------------------------------|-------------------|-------|
| Strength & Balance*   | Ageing Well Centre, Farnworth | 12.00pm - 12.45pm | Laura |
| Gentle Circuit  | Little Lever Library          | 2.00pm - 3.00pm   | Ste   |
| Pulmonary Rehabilitation with Bolton Fibrosis Support Group | Bolton Hospice Wellbeing Hub  | 4.00pm - 5.00pm   | Niall |

## Thursday

|                     |                               |                   |       |
|---------------------|-------------------------------|-------------------|-------|
| Gentle Dance*       | The John Holt, Westhoughton   | 10.00am - 10.45am | Laura |
| Strength & Balance* | The John Holt, Westhoughton   | 10.45am - 11.30am | Laura |
| Strength & Balance* | Trinity Methodist, Tonge Fold | 1.00pm - 2.00pm   | Laura |
| Gentle Dance*       | Trinity Methodist, Tonge Fold | 2.00pm - 3.00pm   | Laura |
| Gentle Circuit      | Bolton Arena, Horwich         | 2.00pm - 3.00pm   | Ste   |

## Friday

|                                   |                                    |                   |       |
|-----------------------------------|------------------------------------|-------------------|-------|
| Tai Chi                           | Westhoughton Library Carnegie Hall | 10.30am - 11.30am | Niall |
| Gentle Dance*                     | Kearsley Mount Methodist Church    | 10.30am - 11.15am | Laura |
| Strength & Balance                | Bolton Library                     | 10.30am - 11.30am | Ste   |
| Strength & Balance*               | Kearsley Mount Methodist Church    | 11.30am - 12.15pm | Laura |
| Gentle Circuit                    | Egerton United Reformed Church     | 1.00pm - 2.00pm   | Niall |
| Strength & Balance                | St. Peter's Horwich                | 1.00pm - 1.45pm   | Ste   |
| Strength & Balance - Higher Level | St. Peter's Horwich                | 2.00pm - 3.00pm   | Ste   |

*\*Please note all classes by Laura are cancelled until further notice due to illness. We apologise for any inconvenience caused.*

# Volunteer-led Classes

Classes led by Age UK Bolton volunteers, held on Mondays, Tuesdays and Thursdays.

## Monday

|                      |                                   |                   |
|----------------------|-----------------------------------|-------------------|
| Tai Chi              | Cornerstone Church, Bromley Cross | 10.00am - 10.45am |
| Tai Chi              | Cornerstone Church, Bromley Cross | 11.00am - 11.45am |
| Chair-based Exercise | Windsor Road Community Centre     | 1.30pm - 2.30pm   |
| Pilates              | Blackrod Community Centre         | 2.00pm - 3.00pm   |

## Tuesday

|                      |                            |                   |
|----------------------|----------------------------|-------------------|
| Tai Chi              | St Luke's Methodist Church | 10.00am - 10.45am |
| Walking Netball      | Bolton Arena, Horwich      | 11.00am - 12.00pm |
| Chair-based Exercise | Little Lever Library       | 11.00am - 12.00pm |

## Thursday

|                      |                              |                   |
|----------------------|------------------------------|-------------------|
| Chair-based Exercise | Whitecroft Housing Centre    | 10.00am - 11.00am |
| Tai Chi              | Slaterfield Community Centre | 10.00am - 12.00pm |
| Chair-based Exercise | Crompton Court, Little Lever | 10.00am - 11.15am |
| Chair-based Exercise | Grace Church Centre          | 10.30am - 12.00pm |
| Chair-based Exercise | Crompton Court, Little Lever | 11.00am - 12.15pm |

