

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
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
Tai Chi	Hulton Lane Community Centre	1.00pm - 4.00pm

