

Join us at The Round House  
and come along to our

# EXERCISE CLASSES!

**Get your body moving,  
and have some fun!**

## **Circuit Class**

Monday - 10.00am - 10.45am | £3.00

## **Mat Yoga Class (starts on Monday 20 January 2025)**

Monday - 11.00am - 11.45am | £3.00

## **Functional Fitness: Muscle Strength and Balance Class**

Wednesday - 10.30am - 11.15am | £3.00

## **Chair Yoga**

Wednesday - 12.00pm - 12.45pm | £3.00

## **Total Body Conditioning**

Thursday - 10.00am - 10.45am | £3.00

## **Dancercise**

Thursday - 11.00am - 11.45am | £3.00

## **Mat Pilates**

Thursday - 12.15pm - 1.00pm | £3.00

## **Chair Pilates**

Thursday - 1.15pm - 2.00pm | £3.00

## **Gentle Exercise Class**

Friday - 11.00am - 12.00pm | £3.00



## **FOR MORE INFORMATION:**

Call: 01670 784 800

Email: [info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk)