

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

### **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)