

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Art Group</b> 9.30am - 12pm £1.50 A social group for all levels</p>	<p><b>Zumba Gold</b> 10am - 10.45am £5 An aerobic fun workout working all muscle groups.</p>	<p><b>Embroidery/Knitting</b> 10am - 1.30pm £2 A nice social get together</p>	<p><b>Medium Impact Exercise</b> 9.30am - 10.30am £5 With Kate</p>	<p><b>Chiropody</b> 9am - 2pm £20 members Twice monthly, by appointment</p>
<p><b>Bridge Club</b> 10.30am - 12.30pm £1.50 All levels</p>	<p><b>Ruils Community Choir</b> 11am - 11.45am No charge Mix abilities &amp; ages in an inclusive disability environment. email garywilliams@ruils.co.uk</p>	<p><b>Falls Class*</b> 11.15am - 12pm £5 members £6 non-members Helps improve balance &amp; mobility</p>	<p><b>Pilates</b> 10.45am - 11.45am £5 With Kate, all levels. Bring a towel</p>	<p><b>Yoga</b> 9.45am - 10.45am £5 With Juliet. Floor based, adapting to your needs.</p>
<p><b>Time to Move</b> 12.45pm - 1.30pm £5 Uplifting class, move at your own pace, low impact class</p>	<p><b>Man with a Pan</b> 12pm - 2pm Cooking class</p>	<p><b>Tai-Chi</b> 12.30pm - 1.30pm £5 With Chris. Helps reduce stress</p>	<p><b>Monthly Health Stroll</b> 11.15am No charge Last Thursday of every month. Meet outside the Twickenham Wellbeing Centre</p>	<p><b>Chair Exercise</b> 11am - 12pm £5 Exercise without putting pressure or strain on your body.</p>
<p><b>Massage, Reflexology</b> 11am - 3pm £25 Book with Karin on 020 8940 9949 / 07940537134</p>	<p><b>Standing &amp; chair-based Pilates</b> 2.15pm - 3.15pm £5 Standing &amp; sitting down Pilates movements</p>	<p><b>Line Dancing</b> 2pm - 3pm £5 With Bryan</p>	<p><b>Strength Training</b> 12pm - 12.45pm £5 With personal trainer Ash.</p>	<p><b>Coffee Morning</b> 10am - 12pm Sociable get together.</p>
<p><b>Pilates</b> 2pm - 2.55pm £5 With Kate, all levels. Please bring a towel.</p>	<p><b>Spanish</b> 10am - 11am 11.30am - 12.30am 1.30pm - 2.30pm £35 for 6-week course</p>	<p><b>Air Boxing</b> 3.15pm - 4pm £30, 6-week course With Ash. Personal coach led fitness class</p>	<p><b>Yoga</b> 1.15pm - 2.15pm £5 With Juliet. Floor based, adapting to your needs.</p>	<p><b>Exercise</b> 12.30pm - 1.30pm £5 With Bryan</p>
<p><b>Strength Training</b> 3pm - 3.45pm £5 With personal trainer Ash</p>	<p><b>Hairdresser</b> By appointment (Tuesday or Thursday) £ Cost Varies With Tina / Gay</p>		<p><b>Peer Support for people living with Dementia</b> Run by Alzheimer's Society. Call Dan 07858815758</p>	<p><b>Men's Strength Training</b> 3pm - 3.45pm £5 For men over 55</p>
			<p><b>Italian</b> 11am - 12pm £48 for 6-week course</p>	