

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Art Group 9.30am - 12pm £1.50 A social group for all levels</p>	<p>Zumba Gold 10am - 10.45am £5 An aerobic fun workout working all muscle groups.</p>	<p>Air Boxing 9.30am - 10.15am £5 Personal coach led class to improve fitness</p>	<p>Medium Impact Exercise 9.30am - 10.30am £5 With Kate</p>	<p>Chiropody 9.30am - 2pm £20 members Twice monthly, by appointment</p>
<p>Bridge Club 10.30am - 12.30pm £1.50 All levels</p>	<p>Ruils Community Choir 11am - 11.45am No charge Mix abilities & ages in an inclusive disability environment. email garywilliams@ruils.co.uk</p>	<p>Embroidery/Kitting 10am - 3pm £2 A nice social get together</p>	<p>Pilates 10.45am - 11.45am £5 With Kate, all levels. Bring a towel</p>	<p>Yoga 9.45am - 10.45am £5 With Juliet. Floor based, adapting to your needs.</p>
<p>Time to Move 12.45pm - 1.30pm £5 Uplifting class, move at your own pace, low impact class</p>	<p>Man with a Pan 12pm - 2pm Cooking class</p>	<p>Falls Class* 11.15am - 12pm £5 members £6 non-members Helps improve balance & mobility</p>	<p>Monthly Health Stroll 11.15am No charge Last Thursday of every month. Meet outside the Twickenham Wellbeing Centre</p>	<p>Chair Exercise 11am - 12pm £5 Exercise without putting pressure or strain on your body.</p>
<p>Massage, Reflexology 11am - 3pm £25 Book with Karin on 020 8940 9949 / 07940537134</p>	<p>Standing & chair-based Pilates 2.15pm - 3.15pm £5 Standing & sitting down Pilates movements</p>	<p>Tai-Chi 12.30pm - 1.30pm £5 With Chris. Helps reduce stress</p>	<p>Strength Training 12pm - 12.45pm £5 With personal trainer Ash.</p>	<p>Coffee Morning 10am - 12pm £5 Sociable get together.</p>
<p>Pilates 2pm - 2.55pm £5 With Kate, all levels. Please bring a towel.</p>		<p>Line Dancing 2pm - 3pm £5 With Bryan</p>	<p>Yoga 1.15pm - 2.15pm £5 With Juliet. Floor based, adapting to your needs.</p>	<p>Fish & Chips lunch 12pm - 2pm £5 Please order before 11.30am</p>
<p>Strength Training 3pm - 3.45pm £5 With personal trainer Ash.</p>			<p>Hairdresser By appointment £ Cost Varies With Tina / Gay</p>	<p>Exercise 12.30pm - 1.30pm £5 With Bryan</p>
			<p>Peer Support for people living with Dementia Run by Alzheimer's Society. Call 02080369570</p>	<p>Men's Strength Training 3pm - 3.45pm £5 For men over 55</p>