

## PHYSICAL ACTIVITIES

ACTIVITY	DAY	WEEKLY/ MONTHLY	COST	DURATION (weeks)	TIMES	LOCATION	START DATE
Badminton	Tues	Weekly	Nil	Ongoing	12noon – 2.30pm	Deery Hall	12 Sept 2017
Badminton	Thur	Weekly	Nil	Ongoing	11.15am - 2pm	Deery Hall	7 Sept 2017
<i>Badminton Beginners NEW</i>	<i>Tues</i>	<i>Weekly</i>	<i>Nil</i>	<i>Ongoing</i>	<i>2.30-3.30pm</i>	<i>Deery Hall</i>	<i>12 Sept 2017</i>
Bowls	Thur	Weekly	Nil	30	2pm - 4pm	Deery Hall	21 Sept 2017
Circuit & Step Class	Mon	Weekly	£15	15	9.30am - 10.15am	Deery Hall	11 Sept 2017
Cycling Training Sessions	Tues	Weekly	£20	3	4pm – 6pm	U3A Foyle	12 Sept 2017
Cycling - Wednesday Group	Wed	Weekly	Nil	5- 10 miles on Cycle Paths	1pm - 3pm	Depart from U3A building	13 Sept 2017
<i>There will be a meeting on Wednesday 20<sup>th</sup> September at 1pm in the Board Room for all those members interested in Cycling</i>							
Gentle Movement to Music Mixed Class	Thur	Weekly	£15	15	11.15am - 12noon	Extension	14 Sept 2017
Golf – Ladies	Fri	Weekly	Green Fees	Ongoing	10am tee off	Foyle Golf	Ongoing
Golf – Men	Fri	Weekly	Green Fees	Ongoing	10.30am tee off	Redcastle	Ongoing
Hill Walking Ramblers	Mon	Monthly	Nil	Third Mon	10am departure from U3A	Various	18 Sept 2017
Jive Classes	Thurs	Weekly	£20	5	12noon – 1pm	Extension	28 Sept 2017
Line Dancing –Beginners	Tues	Weekly	Nil	12	10am – 11am	Extension	TBC
Line Dancing for Fun	Tues	Weekly	£15	12	11am - 12noon	Deery Hall	19 Sept 2017
Men’s PAC Fitness Evening	Mon	Weekly	£15	15	7.30pm - 8.30pm	Deery Hall	11 Sept 2017
Men’s PAC Fitness	Tues	Weekly	£15	15	9.15am - 10am	Deery Hall	12 Sept 2017
Men’s PAC Fitness	Thur	Weekly	£15	15	9.15am - 10am	Deery Hall	14 Sept 2017
Men’s PAC Fitness Evening	Thur	Weekly	£15	15	7.30pm - 8.30pm	Deery Hall	14 Sept 2017
Movement to Music Ladies	Mon	Weekly	£15	15	10.15am – 11am	Deery Hall	11 Sept 2017

Movement to Music Ladies	Tues	Weekly	£15	15	10.15am – 11am	Deery Hall	12 Sept 2017
Movement to Music Ladies	Thur	Weekly	£15	15	10.15am – 11am	Deery Hall	14 Sept 2017
Nordic Walking Beginners	Wed	Weekly	Nil	4	9.30-10.30am	Outside	13 Sept 2017
Nordic Walking Returners	Wed	Weekly	Nil	Ongoing	10.45-12noon	Outside	13 Sept 2017
Ornithology – Birdwatchers	Fri	Weekly	Nil	Ongoing	10.30 departure	Various	8 Sept 2017
Pilates	Fri	Weekly	£35	10	11am-12noon	Extension	29 Sept 2017
Pilates 2	Fri	Weekly	£35	10	12noon – 1pm	Extension	29 Sept 2017
Step Class	Fri	Weekly	£15	15	10am – 10.45am	Deery Hall	15 Sept 2017
Table Tennis	Mon	Weekly	Nil	30	1.30pm – 3pm	Deery Hall	11 Sept 2017
Tai Chi	Mon	Weekly	£20	12	11.15-12.15pm	Extension	18 Sept 2017
Tea Dance	Fri	Weekly	£1	Ongoing	2.00-4.00pm	Extension	8 Sept 2017
Walking Groups (A & B)	Mon	Weekly	Nil	Ongoing	2.00pm	Various	Ongoing
Walks - Short	Mon	Weekly	Nil	Ongoing	11am	Various	Ongoing
Yoga with Aileen on Tues	Tues	Weekly	£30	10	1.45pm-3.00pm	Extension	26 Sept 2017
Yoga with Julie on Fridays	Fri	Weekly	£30	10	11.00-12.15pm	Deery Hall	6 Oct 2017
Yoga Beginners	Mon	Weekly	£30	10	11.15 – 12.30pm	Faughan Room	9 Oct 2017
Yoga – Chair Yoga	Fri	Weekly	£30	10	10-11am	Faughan Room	6 Oct 2017
Zumba Gold	Wed	Weekly	£25	12	11am – 12noon	Deery Hall	20 Sept 2017
Zumba (Public Class)	Tues	Weekly	£5 per class	Ongoing	6.00-7.00pm	Deery Hall	Ongoing