

PHYSICAL ACTIVITIES (continued)

Movement to Music Ladies	Mon	Weekly	£15	15 weeks	10.15am – 11am	Deery Hall	22Jan- 21May
Movement to Music Ladies	Tues	Weekly	£20	20 weeks	10.15am – 11am	Deery Hall	16 Jan – 5 June
Movement to Music Ladies	Thur	Weekly	£20	20 weeks	10.15am – 11am	Deery Hall	4 Jan – 24 May
Nordic Walking Beginners	Wed	Weekly	Nil	4	9.30-10.30am	Outside	10 Jan 2018
Nordic Walking Returners	Wed	Weekly	Nil	Ongoing	10.45-12noon	Outside	3 Jan 2018
Ornithology – Birdwatchers	Fri	Weekly	Nil	Ongoing	10.30 departure	Various	Ongoing
Pilates	Fri	Weekly	£35	10	11am-12noon	Extension	12 Jan – 16 Mar
Pilates 2	Fri	Weekly	£35	10	12noon – 1pm	Extension	12 Jan – 16 Mar
Step Class	Fri	Weekly	£20	20	10am – 10.45am	Deery Hall	5 Jan - 1 Jun
Table Tennis	Mon	Weekly	Nil	30	1.30pm – 3pm	Deery Hall	8 Jan 2018
Tai Chi	Mon	Weekly	£15	10	11.15-12.15pm	Extension	8 Jan -12 Mar
Tea Dance	Fri	Weekly	£1	Ongoing	2.00-4.00pm	Extension	5 Jan 2018
Walking Groups (A & B)	Mon	Weekly	Nil	Ongoing	2.00pm	Various	Ongoing
Walks (Short 1 hr walks)	Mon	Weekly	Nil	Ongoing	11am	Various	Ongoing
Yoga with Aileen on Tues	Tues	Weekly	£30	10	1.45pm-3.00pm	Extension	9 Jan - 13 Mar
Yoga with Julie on Fridays	Fri	Weekly	£30	10	11.00-12.15pm	Deery Hall	12 Jan – 16 Mar
Yoga Beginners with Julie	Mon	Weekly	£30	10	11.15 – 12.30	Faughan Room	8 Jan – 12 Mar
Yoga – Chair Yoga	Fri	Weekly	£30	10	10-11am	Faughan Room	12 Jan – 16 Mar
Zumba Gold	Wed	Weekly	£25	12	11am – 12noon	Deery Hall	10 Jan - 28 Mar
Zumba (Public Class)	Tues	Weekly	£5 per class	Ongoing	6.00-7.00pm	Deery Hall	Ongoing