

## Exercise Classes for the Over 50's

Taking regular exercise is very important for everyone as it has a large number of benefits to our health from improving muscle & joint mobility to helping us feel better mentally.

In Spelthorne's Day Centres and Staines Community Centre we have a number of exercise classes, dancing, and sports activities to suit older people at all levels of mobility from the active to those in wheelchairs, and everyone in-between.

<b>Day</b>	<b>Activity</b>	<b>Time</b>	<b>Place</b>
Monday	Exercise	10.00 – 11.00am	Greeno Centre
	Extend *	10.30 – 11.30am	Staines Community Centre
	Line Dancing	2.00 – 3.00pm	Greeno Centre
	Extend	1.00 – 2.00pm	Churchill Village Hall
	Swimming	10.30 – 12.00noon	Fordbridge Centre
	Carpet Bowls	1.30 – 3.30pm	Fordbridge Centre
	Carpet Bowls	12.30 – 4.30pm	Staines Community Centre
Tuesday	Yoga	11.30 – 12.30pm	Staines Community Centre
	Bowls	2.00 – 3.00pm	Greeno Centre
	Tai Chi	1.45 – 2.45pm	Staines Community Centre
	Line Dancing	2.00 – 3.00pm	St Peters Church Hall arranged by Staines Community Centre
	Exercise	2.30 – 3.30pm	Lord Knyvett's Hall
Wednesday	Extend *	10.45 – 11.45am	Staines Community Centre
	Pilates	12.15 – 1.15pm	Staines Community Centre
	Pilates	2.00 – 3.00pm	Greeno Centre
	Table Tennis	1.30 – 3.30pm	Fordbridge Centre
Thursday	Extend *	11.30 – 12.30pm	Staines Community Centre
	Dancing	2.00 – 3.00pm	Greeno Centre
	Belly Dancing	2.00 – 3.00pm	Staines Community Centre
	Swimming	2.00 – 3.00pm	Greeno Centre
	Carpet Bowls	9.00 – 11.00am	Fordbridge Centre
Friday	Line Dancing	9.30 - 10.30am	Greeno Centre
	Extend *	11.00 – 12.00noon	Greeno Centre
	Carpet Bowls	12.30 – 4.30pm	Staines Community

			Centre
	Dancing	2.00 – 3.00pm	Greeno Centre
	Exercise	9.00 – 10.00am	Fordbridge Centre

\* Extend is a gentle exercise to music aimed primarily at those who have limited mobility. It improves strength, mobility, co-ordination and balance. All abilities can participate in this as it can cater for individuals needs including those in wheelchairs