

Discover Health 50+



September Taster Sessions

Monday 4th at 12.30pm - 1.30pm

Easyline Gym Circuit

Venue: Bradbury Centre for Sight, Stonehills, Pelaw, NE10 0HW

Wednesday 6th at 12.30pm - 1.30pm

Tai Chi

Venue: Lobley Hill Community Centre, Scafell Gardens, NE11 9LS

Tuesday 12th at 1pm – 2pm

Gentle Tai Chi – participants can sit down or stand behind a chair

Venue: Deckham Village Hall, Split Crow Road, NE8 3UB

Wednesday 13th at 11.30am – 12.15pm

Dancercise – Dance exercise class including steps from the cha cha, waltz, rumba and jive.

Venue: Deckham Village Hall, Split Crow Road, NE8 3UB

Wednesday 20th at 11.00am

Nordic Walk at Watergate Park.

Venue: Meet at Watergate Park main car park, Wickham Highway, NE11 9RQ.

For further information, contact us on 0191 4381721 or visit our Facebook page