

Ageing Well

Exercise & Activity sessions for older adults in South Somerset



Our friendly sessions can help you to **get fitter,** **feel better,** **meet new people &** **have a laugh!**

	Where?	When?	Cost
Coarse Fishing - a relaxed and friendly session. Own tackle required.	Somerton	Weds 9.30am-3pm	£4
Gentle Pilates - Simple mat based exercise to improve balance & posture.	Somerton	Currently full - contact us	£6
Movement to Music - A fun and lively choreographed class for general fitness.	Somerton Yeovil	Currently full Mon 10am	£6
Strong and Steady - Sessions which improve strength and balance, helping to keep you steady on your feet and avoid falls.	Chard, Crewkerne, East Coker, Ilminster, Langport Martock, Somerton Stoke sub Hamdon Wincanton, Yeovil	Call 01823 345614 for details	£6
Tai Chi QiGong - Easy to learn gentle movements, to improve balance, flexibility and strength. Good for mind, body and wellbeing. Movements can be done seated or standing.	Long Sutton, Martock, Milborne Port, Mudford Queen Camel, Seavington, South Petherton, Yeovil	Currently full - contact us Tues 11.30am Currently full - contact us	£5 or £6 £6 £6
Yoga (Seated & Standing) - Combines breathing with relaxation movement, to balance the mind and improve flexibility.	Martock	Mon 11.30am	£6

**For more information please call Age UK Somerset on 01823 345624
email: ageingwell@ageuksomerset.org.uk or visit
www.ageuksomerset.org.uk**