



For All Healthy Living Centre **Activities** What's On Guide



****Meet in the HLC Café 10 mins
before the listed start time.**

**Any questions please call
Robin Woodward
07801 710368**

Monday

13.00-15.00 Allotment Group**

15.30-16.30 Singing Group -
Notes and Glory -Community Hall

Tuesday

10.30-12.00 Book & Quiz Club-Library
11.00-13.30 Swimming Group Ladies

Size 16+** (Pay at the Sports Centre)

13.00-14.00 Mind and Motion

Seated Exercise - Community Hall

14.00-16.00 Photography Group-Library

16.00-16.45 Running Group**

17.00-19.00 Hans Price Sport – Gym,
badminton and tennis...

(Go directly to Hans Price or meet at 16.45 Café)

Wednesday

10.00-12.00 Badminton Hutton Moor
(Contact Robin Woodward 07801 710368 to register
and can then go directly to Hutton Moor)

12.30-13.30 Stretch & Flex 60+
(First session FREE then £3.50) - Church Hall

15.00-16.00 Yoga Class - Community Hall

Thursday

11.00-12.00 Walk 4 Dogs (2nd Thursday
each month) Meet outside HLC

14.00-15.00 Table Tennis Group -
Community Hall OR the Church Hall

14.00-16.00 Crafty Chats **
(coffee and a cake 50 pence)

17.30-19.00 Athletic Fitness - Exercise
Class - Community Hall

Friday

11.00-14.00 Walking Group – Healthy
Walks (Meet at 10.45 Café or 10.30 New Members)

11.30-14.30 Cycling Group
(1st Friday each month) Meet outside the
Healthy Living Centre (11.20)

1.00-14.30 PEEP on the WILD side
Confident Walkers to 4 years.
(2nd Friday each month)**

Weekend

10.30-15.00 Weekend Ramble
(Contact Babs to confirm spaces 07964 573209)
(2nd Sunday each month) Meet outside
the Healthy Living Centre (10.20)



Timetable Version May 2014 - A