

DIRECTORY OF EXERCISE CLASSES FOR OLDER PEOPLE IN OXFORDSHIRE

Please contact the tutor on the telephone number supplied below to check availability/
suitability of classes.

WEST

<u>Venue</u>	<u>Day</u>	<u>Time</u>	<u>Contact</u>
Woodstock Town Hall	Wed	11.30-12.30	Coralie 07767360854
St. Leonard's Hall, Eynsham	Wed	1.30-2.30	" "

Class Description

Dance and Stretch for the over 50's

<u>Venue</u>	<u>Day</u>	<u>Time</u>	<u>Contact</u>
Freeland Village Hall	Fri	10.00-10.45	Olwen 01993 773432
Kingstone Court, Chipping Norton	Thur	10.30-11.30	" "

Class Description

Seated Exercise

<u>Venue</u>	<u>Day</u>	<u>Time</u>	<u>Contact</u>
Shipton under Wychwood	Tue	11.30-12.30	Sue 01993 822781/07745501364
Southmoor Village Hall	Tue	2.00	" " "
Windrush Leisure Centre	Thur	9.30	" " "
Charlbury Memorial Hall	Fri	9.30	" " "
Aston, Fellowship Centre	Fri	1.30-2.30	" " "
Enstone Village Hall	Fri	11.15-12.15	" " "

Class Description

Gentle Exercise to Music

<u>Venue</u>	<u>Day</u>	<u>Time</u>	<u>Contact</u>
Windrush Leisure Centre	Tue	9.30-10.25	Leisure Centre 01993 202020

Class Description

Standing Yoga

<u>Venue</u>	<u>Day</u>	<u>Time</u>	<u>Contact</u>
Windrush Leisure Centre	Tue	11.00-12.30	Leisure Centre 01993 202020

Class Description

Tai Chi & Chi Kung

<u>Venue</u>	<u>Day</u>	<u>Time</u>	<u>Contact</u>
Windrush Leisure Centre	Fri	11.35-12.30	Leisure Centre 01993 202020

Class Description

Seated Yoga

<u>Venue</u>	<u>Day</u>	<u>Time</u>	<u>Contact</u>
Middle Barton	Mon	10.30-11.30	Marilyn 07990657158

Class Description

Seated Exercise