



## Activity Programme

September 2009

### MONDAY

10.00am – 11.30am, Tai Chi, The Parish Centre, Chester-le-street	£2.50
10.00am – 10.30am, Seated Exercise, Woodbine Ct. (Fortnightly class)	£1.00
9.45am – 10.45am, Circuits, Belmont Parish Centre	£1.50
12.00pm – 1.00pm, Circuits, Jubilee Hall, West Rainton	£1.50
2pm – 3pm, Dance sessions, Waddington St. Church Hall, Durham	£1.50
2.30pm - 3.30pm, Aqua aerobics, C-L-S swimming baths	£1.50
3.15pm – 4.15pm, Seated Exercise, Coxhoe Village Hall	£1.50
6.00pm – 7.00pm, Keep Fit, St Bedes School Sacriston	£1.50

### TUESDAY

10.00am – 11.00am, Circuits, Pelton Community Centre	£1.50
10.00am – 11.00am, Aqua aerobics, Freemans Quay, Durham	£1.50
1.30pm – 2.30pm, Seated Exercise class at the Methodist Church Hall, Chester-le-Street	£1.50

### WEDNESDAY

9.30am – 11.00am, Yoga, Bullion Hall Chester-le-Street	£2.50
10.30am - 11.15am, Seated Exercise, Grange Villa Community Centre	£1.00
1pm - 2pm, Salsa & Latin Dancing, All Saints Church Hall, Newton Hall	£1.50
1.30pm – 2.30pm, Circuits, Great Lumley Community Centre	£1.50

### THURSDAY

10.00am – 11.00am, Circuits, Pelton Community Centre	£1.50
10am – 11.00am, Aqua aerobics, C-L-S swimming baths	£1.50
10.45am – 11.45am, Keep Fit, Shakespeare Hall, Durham	£1.50
10.30am – 11am, Seated Exercise, Cedarwood Communal Hall, Fencehouses	£1.00
2.00pm – 3.00pm, Seated Exercise, Lambourne Close Communal Hall, Bournmoor	£1.50
2.30pm – 3.30pm, Aqua aerobics, C-L-S swimming baths	£1.50
3.00pm – 4.00pm, Circuits, The Parish Centre Chester-le-Street	£1.50
4.00pm – 5.00pm, New Age Kurling, Belmont Community Centre (Fortnightly)	
6.00pm – 7.00pm, Keep Fit, St Bedes School Sacriston	£1.50

**Healthy Horizons activities are for people aged 50 and over**

**When attending a session for the first time it is advisable to turn up 10 minutes early, as you will be required to complete a brief registration form and health questionnaire.**

**We recommend that comfortable clothing and footwear should be worn.**

**For further information on any of the above activities, please contact Jennifer Physical Activity Officer on 0191 3895095 or Ruth Development Worker on 0191 3839750.**