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| **DAY** | **TIME** | **CLASS** | **VENUE** | **INSTRUCTOR** | **COST** | **CLASS INFO** |
| Tuesday  (every other from 9th July) | 10.30am – 11.15am | Gentle Exercise | Sax House,  The Grange  SG6 4TA | Megan Pinner | £2.00  Free parking | Gentle seated exercise with option to stand. Improve strength, balance and mobility. Open to Sax House residents and the general public. |
| Wednesday | 12.00pm – 12.40pm | Strength & Stretch | Broadway Studio The Arcade  SG6 3EW | Megan Pinner | £2.00  Parking - Wynd Car park | Total body conditioning class. Mainly standing with some light cardio and the option to do exercise seated. Improve strength, balance and mobility. |
| Thursday | 10.00am – 10.30am | Gentle Exercise | Hadleigh, Jackmans  SG6 2LX | Megan Pinner | £1.00  Free Parking | Gentle seated exercise with option to stand. Improve strength, balance and mobility. Open to Hadleigh residents and the general public. |
| Thursdays  (every other from 11th July) | 10.30 – 11.15pm | Gentle Exercise | Edwin Nott,  18 Birds Hill  SG6 1PJ | The Little Performers (Danielle Malin or Rebecca Mile) | Free  Parking - town centre | Gentle seated exercise to music. Accessible for all abilities. Open to Edwin Nott residents and the general public. |
| Thursday | 1.00pm – 2.00pm | Walking Football | North Herts Leisure Centre, Baldock Rd  SG6 2ER | Stevenage FC | £3.50  Free parking | Walking football for men & women, all ages & abilities. Improve health and wellbeing and meet new people. |
| Saturdays | 12.30pm – 1.30pm | NeuroBalance | Central Methodist Church  Pixmore Way  SG6 3TR | Sherryl Chatfield | £3.00  Free parking | Improve balance and confidence through strength and stability exercises for people with increasing frailty, falls risk, MS or Parkinson’s. Instructor is a Neurological physio. |
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| MORE | CLASSES | COMING | SOON |  |  |  |

For more information or to book your free taster session please contact Megan Pinner on 01462 474838 or email [active@letchworth.com](mailto:active@letchworth.com). (Timetable revised July19)