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| **DAY** | **TIME** | **CLASS** | **VENUE** | **INSTRUCTOR** | **COST** | **CLASS INFO** |
| Monday | 10.45am – 11.30am | Gentle Exercise | Kingfisher Court, The Grange | The Little Performers (Danielle Malin or Rebecca Mile) | Free | Seated exercise to music. Class for The Kingfisher Dementia Club at Howard Cottage. THIS SESSION IS CLOSED TO THE PUBLIC |
| Tuesday | 10.30am – 11.15am | Qigong (TaiChi) | Tabor Court  Beech Hill  SG6 4YJ | Jane Sparkes | £1.00 | Gentle movement with breath to improve balance and stability.  Based on Tai Chi, this class will support controlled movement, co-ordination and relaxation. |
| Wednesday | 12.00pm – 12.40pm | Strength & Stretch | Broadway Studio The Arcade  SG6 3EW | Irene Gibson | £2.00  Parking - Wynd Car park £0.20 for hr | Total body conditioning class. Mainly standing with some light cardio and the option to do exercise seated. Improve strength, balance and mobility. |
| Wednesday | 3.00pm – 4.00pm | Positive Movement | Kingfisher Court  Southern Way  SG6 4TD | Rebecca Skeel | £2.00 | Gentle chair-based exercise with some standing (optional). For balance, flexibility, mobility and relaxation. Stay for a free cup of tea and a snack afterwards. |
| Thursday | 10.00am – 10.30am | Gentle Exercise | Hadleigh,  Jackmans  SG6 2LX | Irene Gibson | £1.00  Free Parking | Gentle seated exercise with option to stand. Improve strength, balance and mobility. Open to Hadleigh residents and the general public. |
| Thursday | 10.45am – 11.30am | Gentle Exercise | Macfadyen Webb House,  Norton Way North, | The Little Performers (Danielle Malin or Rebecca Mile) | Free | Seated exercise to music. Class for The Kingfisher Dementia Club at Howard Cottage. THIS SESSION IS CLOSED TO THE PUBLIC |
| Thursday  Weekly from Jan 2020 | 10.30am – 11.15am | Gentle Exercise | Edwin Nott,  18 Birds Hill  SG6 1PJ | The Little Performers (Danielle Malin or Rebecca Mile) | £1.00  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. |
| Thursday | 2.00pm – 3.00pm  (1.30pm for tea before the session) | Positive Movement | Howard Garden Day Centre  Norton Way South  SG6 1SU | Lucy Small | £2.00  Parking at Howard Garden | Gentle chair-based exercise with some standing (optional). Balance, flexibility, mobility and relaxation. In partnership with AGE UK. Enjoy a free cup of tea from 1.30pm. |
| Saturday | 12.30 - 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. |

For more information or to book your free taster session please contact Active Letchworth [active@letchworth.com](mailto:active@letchworth.com) or 07826 671384 (Timetable revised Jan2020)