

Classes for Older People in Welwyn Hatfield

Monday 11.30am	OTAGO Hatfield Leisure Centre, AL10 8SB Contact on 01707 276276
Thursday 11am	Seated exercise Friendship House, Wellfield Close Contact on 01707 268961
Various	Pilates Birchwood Leisure Centre, Birchwood lane Contact on 01707 271272
Friday 10.30am	Gentle Keep Fit Hatfield Swim Centre, AL10 0CH Contact on 01707 276276
Tuesday 10.45	Postural Stability Hatfield Sports Village, Hatfield University Contact on 01707 284466
Various	Extend – 20 minutes seated exercises followed by standing exercise to music. Various venues in the local area. Contact Jean Blott on 01707 891789
Various	Swimming for older adults and adults with disabilities Hatfield Swim Centre, AL10 0CH Contact on 01707 321524
Monday 2.30pm	Chair based exercise Barndicott Hall, Panshanger Estate Contact Suzina on 07930 302102
Thursday 10.15am	Chair based exercise Christchurch Baptist, 110 Parkway Contact Suzina on 07930 302102
Various	Various classes and sessions are conducted at The Therapy Rooms, Natural Health Shop, AL8 6PH Please call 01707 392020 for more information.
Tuesday and second Saturday of every month 1230pm & 6pm, Sat 2pm	Health Walks , meeting outside the Water Sports Centre in WGC