

Audley Club Classes—please call 01892 616768 for more information



Tai Chi Relaxing and refreshing

This is a great way to exercise in a gentle relaxing way.

Aquaerobics Improves the health of the heart and lungs.

This is a great way to exercise for people wanting to burn off calories, without the impact on the joints

Yoga Helps your body find harmony and to heal itself

A great class with varied, easy to follow exercises for increasing muscle strength and building body awareness

Lifestyle functional fitness Chair based fitness regime

A fun, easy to follow aero tone class suitable for all levels and which will improve overall fitness and body tone

	Tai Chi	Aqua Aerobics	Yoga	Lifestyle functional fitness
Monday	12 midday			
Tuesday		11.15am		
Wednesday	10.30am		9.15am	
Thursday		11.15am		
Friday		1pm		9.15am
Saturday				
Sunday				