



Active Balance Exercise for the Over 50's

Improve your balance in a supportive, sociable group! Led by a qualified specialist instructor, you can progress at your own pace from seated exercises to standing and mobile balance challenges. All welcome.

Stay afterwards for free tea/coffee & chat to new friends



Tuesdays		
10.30	St Margaret's Hall, Coniston Road, Hatherley, GL51 3NX	Trish Tenn 07956 466617
11.00-12.00	St Luke's Church Hall Saint Luke's Place, GL53 7HP	Dan McShee 07760 175132
12.15 – 1315 FULL –Call first	St Phillip & St James Church Centre, Cold Pool Lane, Hatherley GL51 6HX	Trish Tenn 07956 466617
1330 – 1430 FULL- Call first		
1300-1345	Leisure-at Cheltenham Tommy Taylors Lane, GL50 4RN	Reception 01242 528764
1430	St Mary's Parish Centre, Horsefair Street, Charlton Kings, GL53 8JJ	Jo-Anne Hale 07817 851214
Tuesdays		
1430-1530	Christchurch Hall, Malvern Road,	Patrick Ansley 07806 828075

	GL50 2JH	
Wednesdays		
10.30am	Oasis Community Centre, Cassin Drive, Hester's Way	Jo-Anne Hale 07817 851214
Thursdays		
11am – 12 noon	St Luke's Church Hall Saint Luke's Place, GL537HP	Dan McShee 07760 175132
1200-1300	Leisure-at Cheltenham Tommy Taylors Lane, GL50 4RN	Reception 01242 528764
1300 – 1400 FULL- Call first	Highbury Church, Oxford Rd GL52 6DT	Trish Tenn 07956 466617
1400-1500	Wallace House Windermere Road, GL51 3PF	Toni Vassiloudi 07803 345702
1400-1530	The Cornerstone centre, 1 Severn Road, GL52 2JH	Patrick Ansley 07806 828075
Fridays		
10.00 – 11.00	Oakley Community Resource Centre, Clyde Crescent, GL525QJ	Patrick Ansley 07806 828075

Please contact the instructor for further information

*Prices are between £3.50 - £5 depending on location.