

## West Lindsey Active Seniors Timetable - 01.09.19 to 31.12.19

	<u><b>Monday</b></u>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u>	<u><b>Thursday</b></u>	<u><b>Friday</b></u>
<u><b>Morning</b></u>	Easy Line Active Seniors Studio 9.30am-10.30am £3.00	Yoga for Health 9.45am-10.45am Please contact Liz Clews 07751964832	Vitality NHS Approved 11.30am - 12.30am Please contact Liz Clews 07751964832	Zumba Active Seniors Studio 10.00 – 11.00am £3.00	Yoga for health 10.00am - 11.00am Please contact Liz Clews 07751964832
	Easy Line Active Seniors Studio 10.30am-11.30am £3.00	Multi activity Hemswell/Harpswell village hall 10.00am - 11.00am		Easy Line Active Seniors Studio 10.30am - 11.30am £3.00	Multi Activity Sudbrooke Village Hall 10.00am - 10.45am £2.00
		Parkinson's Group 11.00am-12.00noon Please contact Liz Clews 07751964832	Walking Football Roses Sports Ground 11.00am-12.00noon £1.00	Multi activity Scotton Village Hall 9.30am – 11.30am £2.00	Multi Activity Scothern Village Hall 11.00am-11.45am £2.00
		Multi activity Willingham by stow village hall 2.00pm – 3.00pm £2.00	Gainsborough health walks Various locations 10.30am FREE	Vitality NHS Approved 11.00am - 12.00am Please contact Liz Clews 07751964832	
<u><b>Lunch</b></u>	Short Mat Bowls 9am-9pm £4.00 per hour per mat.	Short Mat Bowls 9am-9pm £4.00 per hour per mat.	Short Mat Bowls 9am-9pm £4.00 per hour per mat.	Short Mat Bowls 9am-9pm £4.00 per hour per mat.	Short Mat Bowls 9am-9pm £4.00 per hour per mat.
	Swim 4 Everyone West Lindsey Leisure Centre 12.00noon-1.00pm £2.50	Swim 4 Everyone West Lindsey Leisure Centre 12.00noon-1.00pm £2.50	Swim 4 Everyone West Lindsey Leisure Centre 12.00noon-1.00pm £2.50	Swim 4 Everyone West Lindsey Leisure Centre 12.00noon-1.00pm £2.50	Swim 4 Everyone West Lindsey Leisure Centre 12.00noon-1.00pm £2.50
	Gainsborough health walks Various locations 1.30pm FREE	Parkinson's Group 12.45pm - 1.45pm Please contact Liz Clews 07751964832		Cardiac Rehabilitation Exercise Studio 1.00pm-2.00pm £2.00	
				Multi activity Willingham by stow village hall 2.00pm – 3.00pm £2.00	Gainsborough health walks Various locations 1.30pm FREE
<u><b>Afternoon</b></u>	Walking For Health Various Locations 1.30pm FREE	New Age Kurling Scotter Methodist Church 2.00pm-3.30pm £2.00	Walking Netball Sports Hall 1.00pm-2.00pm £3.00	Table Tennis- Bat and Chat Gainsborough Academy 6.30pm-9.00pm Contact Paul Johnson	Walking For Health Various Locations 1.30pm FREE
	Tai Chi Active Seniors Studio 1.30pm-2.30pm £3.00	Yoga for Health. 6.00pm-7.00pm Please contact Liz Clews 07751964832	Whitton's Mill Residents Seated Exercise Class. 2.00pm – 3.30pm		50+ Aqua Aerobics West Lindsey Leisure Centre 2.30pm-3.15pm £3.00
	Walking Football Roses Sports Ground 6.00pm-7.00pm £2.00	Multi activity Nettleham village hall 1.00pm – 2.00pm			Walking Football Scotter village hall 6pm - 7pm £1