

AGEWELL Community Exercise Programme as at 12/04/19

If you would like more information about any of the classes listed please contact Agewell on 0121 796 9333
There is a £3.00 charge for these sessions (unless otherwise stated).

OLDBURY

<u>Centre</u>	<u>Address</u>	<u>Contact Tel No</u>	<u>Day</u>	<u>Time</u>	<u>Suitable for</u>
Portway Lifestyle Centre	Newbury Lane Oldbury B69 1HE	07906758576	Thursday Tutor Alison Pickering	9.15am- 10.00am 10.15am – 10.45am & 11.15am – 12.00	Gentle Pilates Functional Circuits (Strength & Balance) Mixed ability
Sandwell Christian Church (St Davids Court FROM 3 rd May)	7 Langley Crescent Oldbury B68 8RE	0121 796 9333	Friday Tutor Janet Ferris (PSI)	10am- 12pm	Postural Stability Group (Strength & Balance) Mixed ability
Bleakhouse Library	Bleakhouse Road Oldbury	0121 569 9333	Thursday Tutor Ron	6.00pm- 7.00pm	Tai Chi – Mixed ability £4.00

Smethwick

<u>Centre</u>	<u>Address</u>	<u>Contact Tel No</u>	<u>Day</u>	<u>Time</u>	<u>Suitable for</u>
Thimblemill Library	Thimblemill Road Smethwick, B67 5RJ	0121 796 9333	Wednesday Tutor Vasu	11.15- 12.15	Tai Chi – Mixed ability
Lightwoods Park	Adkins Road Smethwick	0121 796 9333	Tuesday Tutor Ron	1.00 - 2.00pm	Tai Chi (Full) £5.00
Lightwoods Park	Adkins Road Smethwick,	0121 796 9333	Tuesday Tutor Ron	2.15pm – 3.15pm	Tai Chi (Full) £5.00
Dorothy Parkes	Church Rd, Smethwick	0121 558 2998 (call centre)	Monday	3.00pm – 4.00pm	Yoga

ROWLEY REGIS/CRADLEY HEATH

<u>Centre</u>	<u>Address</u>	<u>Contact Tel No</u>	<u>Day</u>	<u>Time</u>	<u>Suitable for</u>
Cradley Heath Fire Station	Haden Hill	01384 635179	Thursday Mel Rose (PSI)	10:15am- 12:15pm	Osteoporosis patients
Holy Trinity Church	Halesowen Road Old Hill, Cradley Heath B64 6JA	0121 796 9333	Wednesday Tutor Mel Rose (PSI)	2:30pm – 3:30pm	Mixed ability
Rowley Disability Centre	Bell End Rowley Regis	0121 796 9333 Call before you go	Wednesday Tutor Suzi Hayward (PSI)	10am to 12pm	Postural Stability Group (Strength & Balance) Call before you go

Tipton

<u>Centre</u>	<u>Address</u>	<u>Contact Tel No</u>	<u>Day</u>	<u>Time</u>	<u>Suitable for</u>
Great Bridge Library	Sheepwash Lane Tipton DY4 7JF	0121 796 9333	Tuesday Tutor Lisa	11.00am to 12pm	Zumba Gold – Mixed ability

WEDNESBURY

<u>Centre</u>	<u>Address</u>	<u>Contact Tel No</u>	<u>Day</u>	<u>Time</u>	<u>Suitable for</u>
St Lukes	Mesty Croft St Lukes Rd Wednesbury WS10 0QY	0121 796 9333	Thursday Steve Simcox	10-11am	Mixed ability
St Lukes	Mesty Croft St Lukes Rd Wednesbury WS10 0QY	0121 796 9333	Monday Steve Simcox	12.45pm	Mixed ability
Wednesbury Town Hall	Holyhead Road Wednesbury WS10 7DF	0121 796 9333	Wednesday Lisa Humphreys	11am to 12pm	ZUMBA Gold
Wesley Centre	Spring Head Wednesbury WS10 9AD	0121 796 9333	Thursday Paul Grant	11am to 12noon	Tai Chi

WEST BROMWICH (Great Barr)

<u>Centre</u>	<u>Address</u>	<u>Contact Tel No</u>	<u>Day</u>	<u>Time</u>	<u>Suitable for</u>
Holy Name Church Hall	Cross Lane Great Barr B43 6LN	0121 796 9333	Thursday Tutor - Farzana Mahmood (PSI)	12:15pm-to 1:15pm	Mixed ability
Holy Name Church Hall	Cross Lane Great Barr B43 6LN	0121 796 9333	Tuesday Tutor – Farzana Mahmood (PSI)	11.30 to 12.30	Mixed ability



WEST BROMWICH

<u>Centre</u>	<u>Address</u>	<u>Contact Tel No</u>	<u>Day</u>	<u>Time</u>	<u>Suitable for</u>
Lodge Road Community Centre	Lodge Road, West Bromwich B70 8PJ	0121 796 9333	Tuesday Suzi Hayward (PSI)	10-30- 12-30pm	Postural Stability Group (Strength & Balance)
Hill Top Methodist Church	New Street, Hill Top West Bromwich B70 0HW	0121 796 9333	Tuesday Tutor Saba Almuflehi (PSI)	1:30pm to 2:30pm	Postural Stability Group (Strength & Balance) CLASS FULL
West Bromwich Leisure Centre	Moor Street West Bromwich	0121 796 9333	Monday Alison Pickering (PSI)	1.00 – 2.00p.m.	Functional Circuits (Strength & Balance)