

AGEWELL Community Exercise Programme as at April 2024

If you would like more information about any of the classes listed please contact Agewell on 0121 796 9333

OLDBURY

<u>Centre</u>	<u>Address</u>	<u>Contact Tel No</u>	<u>Day & Price</u>	<u>Time</u>	<u>Suitable for</u>
Portway Lifestyle Centre	Newbury Lane Oldbury B69 1HE	07906758576	Thursday Tutor Alison Pickering x 3 Classes (Prices are via Sandwell Leisure trust)	10.00am – 10.45am 11.00am - 11.45am 12.00pm – 12.45pm	Functional Circuits Seated Strength & Balance Yoga

Smethwick

<u>Centre</u>	<u>Address</u>	<u>Contact Tel No</u>	<u>Day & Price</u>	<u>Time</u>	<u>Suitable for</u>
Warley Baptist Church	Castle Road East, Warley, Oldbury, B68 9BJ	0121 796 9333	Thursday Tutor Ron Price £5.50 per session	2.00 - 3.00pm	Tai Chi CLASS FULL
Hurst Road Community Centre	Hurst Road Smethwick B67 6ND	0121 796 9333	Monday Tutor Ron Price £4.50 per session	6.00pm – 7.00pm	Tai Chi CLASS FULL

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>
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	Rowley village Rowley Regis, B65 9AT	0121 796 9333	Tuesday Tutor Suzi Hayward (PSI)	10am to 12pm	Strength & Balance CLASS FULL
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WEDNESBURY

<u>Centre</u>	<u>Address</u>	<u>Contact Tel No</u>	<u>Day</u>	<u>Time</u>	<u>Suitable for</u>
Wednesbury Leisure Centre	High Bullen Wednesbury WS10 7HP	0121 796 9333	Tuesday Saba Almuflehi (Prices are via Sandwell Leisure Centre)	1.30pm to 2.30pm	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>
West Bromwich Leisure Centre	Moor Street West Bromwich B70 7AZ	0121 796 9333	Monday Alison Pickering (PSI) Prices are £4 per session	1.00 – 2.00p.m.	Strength & Balance
<u>Centre</u>	<u>Address</u>	<u>Contact Tel No</u>	<u>Day</u>	<u>Time</u>	<u>Suitable for</u>
Great Barr Memorial Hall	Chapel Lane, Great Barr B43 7BD	0121 796 9333	Thursday Farzana Mahmood Prices are £4 per session	1.15 – 2.15pm	Mixed ability