

ALSS Agewell programme term 3 April to July 2024

code	title	start date	end date	start time	end time	Day / venue
AW3040	Circuit Training (Level 2)	15/04/2024	01/07/2024	09:45:00	11:45:00	Monday
AW3050	General Circuit training	15/04/2024	01/07/2024	10:00:00	11:30:00	Monday
AW3180	Yoga for better breathing (online course)	15/04/2024	01/07/2024	08:00:00	09:00:00	Monday
AW3196	Hatha Yoga	15/04/2024	01/07/2024	15:45:00	17:15:00	Monday
AW3516	Dance Mix (Monday)	15/04/2024	01/07/2024	13:00:00	14:00:00	Monday
AW3805	Be good to your back (Monday)	15/04/2024	01/07/2024	12:00:00	13:00:00	Monday
AW3090	Gentle Keep Fit/Falls Prevention	16/04/2024	25/06/2024	13:30:00	14:30:00	Tuesday (Tudor Rose)
AW3132	Pilates beginners/improvers	16/04/2024	25/06/2024	12:30:00	13:30:00	Tuesday
AW3133	Pilates beginners/improvers	16/04/2024	25/06/2024	14:00:00	15:00:00	Tuesday
AW3060	Circuit Training (Level 2)	17/04/2024	26/06/2024	10:30:00	12:00:00	Wednesday
AW3160	Qi Gong for beginners	01/05/2024	10/07/2024	10:00:00	11:00:00	Wednesday
AW3170	Tai Chi (Yang Style) beginners	01/05/2024	10/07/2024	11:00:00	12:00:00	Wednesday
AW3175	Tai Chi (Yang Style) improvers	01/05/2024	10/07/2024	12:15:00	13:15:00	Wednesday
AW3176	Qi Gong	01/05/2024	10/07/2024	13:30:00	14:30:00	Wednesday
AW3184	Yoga and meditation (online course)	17/04/2024	26/06/2024	15:15:00	16:45:00	Wednesday
AW3190	Yoga and meditation (online course)	17/04/2024	26/06/2024	09:30:00	11:30:00	Wednesday
AW3850	Be good to your back (Wednesday)	17/04/2024	26/06/2024	12:00:00	13:00:00	Wednesday
AW3061	Senior total body workout	17/04/2024	26/06/2024	13:30:00	15:00:00	Wednesday (Tudor Rose)
AW3020	Flexibility	18/04/2024	27/06/2024	13:30:00	14:30:00	Thursday
AW3891	Fitness with Ballet	18/04/2024	27/06/2024	12:15:00	13:15:00	Thursday
AW3880	Dance Mix (Thursday)	18/04/2024	27/06/2024	11:00:00	12:00:00	Thursday
AW3134	Pilates	18/04/2024	27/06/2024	14:45:00	15:45:00	Thursday
AW3130	Pilates	19/04/2024	28/06/2024	14:00:00	15:00:00	Friday
AW3515	Zumba Gold	19/04/2024	28/06/2024	11:30:00	12:30:00	Friday
AW3885	Stretch & Flex	19/04/2024	28/06/2024	12:30:00	13:30:00	Friday
AW3195	Hatha Yoga	20/04/2024	29/06/2024	11:30:00	12:30:00	Saturday
AW3890	Ukulele	18/06/2024	23/07/2024	11:00:00	12:00:00	Tuesday

The agewell programme is open to **anyone over 50** who wishes to keep fit and healthy by joining one of our many affordable exercises classes.

Unless otherwise stated all courses are £45 per term. Concessions area available (£20 per course per term)

You can enrol online at www.hfals.ac.uk or by calling our enrolment line on 020 8753 3600