

AGEWELL SUMMER PROGRAMME 2024

Stay active, healthy, and energized this summer with our diverse range of courses designed for people over 50. From yoga and Pilates to circuit training and Tai Chi, we offer both online and in-person classes to cater to your preferences. Join us and experience the benefits of regular exercise in a supportive and welcoming environment.

Course list details

Course & Fees	Date	Time	Code
Yoga (online course) Standard £15 Conc £8	Wed 17 July	10am-11.30am	AWS004
Yoga for better breathing (online course) Standard £15 Conc £8	Mon 15 July	8am-9am	AWS030
Circuit training Standard £20 Conc £10	Mon 05 Aug	10am-11.30am	AWS008
Hatha Yoga Standard £15 Conc £8	Mon 05 Aug	3.45pm-4.45pm	AWS026
Move it or lose it! Gentle keep fit Standard £15 Conc £8	Tue 6 Aug	10am-11am	AWS050
Pilates Standard £20 Conc £10	Tue 6 Aug Tue 6 Aug	12.30pm-1.30pm 2pm-3pm	AWS013 AWS014
Circuit training Standard £20 Conc £10	Wed 7 Aug	10am-11:30am	AWS007
Tai Chi Standard £20 Conc £10	Wed 7 Aug	12:30pm-1.30pm	AWS175
Qigong Standard £20 Conc £10	Wed 7 Aug	1.30pm-2.30pm	AWS180
Yoga and meditation (online course) Standard £15 Conc £8	Wed 7 Aug	1.15pm-2.15pm	AWS011
Fitness with ballet Standard £20 Conc £10	Thu 8 Aug	12.15pm-1.15pm	AWS112
Flexibility Standard £20 Conc £10	Thu 8 Aug	1.30pm-2.30pm	AWS111
Pilates Standard £20 Conc £10	Thu 8 Aug	2:45pm-3.45pm	AWS021
Strong and lean Standard £15 Conc £8	Fri 9 Aug	11.00am-12pm	AWS099

How do I enrol?

To enrol please call 020 8753 3600 or enrol online at www.hfals.ac.uk

Other information

Please note that you can enrol for the courses starting in July from now. For courses starting in August you can enrol from Saturday July 13 (Open Day) onwards either online or by calling the enrolment line.