

Agewell summer programme 2020

Programme to run for 4 weeks from **Monday 3rd to Friday 28th August 2020**
all courses are online unless otherwise specified.

Below are the courses we are offering in August 2020 as part of our usual summer Agewell programme. Given the current situation with covid-19 most of the courses will be delivered online but a couple will be outdoors in local parks.

Code	Course title	Day	Time	Fees	Start	End
AWS129	Yogalates in the park (Ravenscourt Park)	Monday	09.00-10.00	£16	03/08/2020	24/08/2020
AWS098	Botanical art in the park (Ravenscourt Park)	Monday	10.30-13.00	£40	03/08/2020	24/08/2020
AWS011	Gentle yoga and meditation online (Nahid)	Tuesday	12:00 - 13:00	£12	04/08/2020	25/08/2020
AWS026	Yin yoga online (Nahid)	Tuesday	15:30 - 17:00	£15	04/08/2020	25/08/2020
AWS125	Dance mix online	Tuesday	12:30 - 13:30	£12	04/08/2020	25/08/2020
AWS500	Landscape painting in the park (Chiswick House)	Tuesday	10:00 - 16:00 (1 hour break)	£80	04/08/2020	25/08/2020
AWS004	Yoga online (Liz)	Wednesday	09:30 - 11:30	£18	05/08/2020	26/08/2020
AWS334	Yoga online (Nahid)	Wednesday	10:30 - 12:00	£15	05/08/2020	26/08/2020
AWS012	Yoga and meditation online (Donna)	Wednesday	15:15 - 16:45	£15	05/08/2020	26/08/2020
AWS185	Summer harmonies singing workshops online	Wednesday	10:00 - 11:15	£15	05/08/2020	26/08/2020
AWS199	Be good to your back online	Wednesday	12:15 - 13:15	£12	05/08/2020	26/08/2020
AWS328	Zumba Gold online	Wednesday	12:30 - 13:30	£12	05/08/2020	26/08/2020
AWS023	Breathe better circuit online	Thursday	12:00 - 13:15	£12	06/08/2020	27/08/2020
AWS045	Balance, strength and stability online	Thursday	11:00 - 12:00	£12	06/08/2020	27/08/2020
AWS055	Exercise for the prevention and rehabilitation of osteoporosis online	Thursday	12:30 - 13:30	£12	06/08/2020	27/08/2020
AWS099	Exercise after stroke online	Thursday	10:30 - 11:45	£12	06/08/2020	27/08/2020
AWS335	Cardiac rehab online	Thursday	09:00 - 10:15	£12	06/08/2020	27/08/2020
AWS013	Pilates (beginners) online	Friday	14:00 - 15:00	£12	07/08/2020	28/08/2020
AWS014	Pilates (improvers / intermediate) online	Friday	15:15 - 16:15	£12	07/08/2020	28/08/2020
AWS155	Complete body workout online	Friday	10:30 - 12:00	£15	07/08/2020	28/08/2020

Courses are open to everyone over 50 whether borough residents or not.
The fees above are per individual course (unless otherwise stated) per term
Enrolment date from 6th - 10th July 2020 by telephone only and thereafter you can also enrol online.