

		AGEWELL PROGRAMME January to March 2023						
Day	Course Code	Description	Start Date	End Date	Start Time	End Time	Staff Member	Location
Monday	AW2040	Circuit Training (Level 2)	09/01/2023	20/03/2023	09:45:00	11:30:00	(739) 739 Miss A C Frosdick	Macbeth Centre
Monday	AW2050	General Circuit training	09/01/2023	20/03/2023	10:00:00	11:30:00	(741) 741 C Blake	Macbeth Centre
Monday	AW2180	Yoga (online course)	09/01/2023	20/03/2023	08:00:00	09:00:00	(769) 769 E Hoare	ONLINE
Monday	AW2516	Dance mix	09/01/2023	20/03/2023	13:00:00	14:00:00	(27144) 27144 C RAMSEY	Macbeth Centre
Monday	AW2801	Be good to your back	09/01/2023	20/03/2023	11:45:00	12:45:00	(739) 739 Miss A C Frosdick	Macbeth Centre
Monday	AW2196	Hatha Yoga	09/01/2023	20/03/2023	15:45:00	17:15:00	(80274) 80274 D Peart	Macbeth Centre
Tuesday	AW2090	Gentle Keep Fit/Falls Prevention	10/01/2023	21/03/2023	10:00:00	11:00:00	(318) 318 C J Fairchild	Vanston Place Community Centre
Tuesday	AW2132	Pilates beginners - improvers	10/01/2023	21/03/2023	12:30:00	13:30:00	(37138) 37138 T TBC	Macbeth Centre
Tuesday	AW2133	Pilates beginners - improvers	10/01/2023	21/03/2023	14:00:00	15:00:00	(37138) 37138 T TBC	Macbeth Centre
Wednesday	AW2183	Yoga and meditation (online class)	11/01/2023	22/03/2023	15:15:00	16:45:00	(80274) 80274 D Peart	ONLINE
Wednesday	AW2176	Qi Gong	11/01/2023	22/03/2023	14:00:00	15:00:00	(37138) 37138 T TBC	Macbeth Centre
Wednesday	AW2550	Yin Yoga	11/01/2023	22/03/2023	10:00:00	11:30:00	(114786) 114786 N Nolan	Macbeth Centre
Wednesday	AW2190	Yoga (online class)	11/01/2023	22/03/2023	09:30:00	11:30:00	(769) 769 E Hoare	ONLINE
Wednesday	AW2891	Zumba Gold	11/01/2023	22/03/2023	11:35:00	12:35:00	(116848) 116848 Ms A Calligaro	Macbeth Centre
Thursday	AW2182	Gentle yoga and meditation	12/01/2023	23/03/2023	13:30:00	15:00:00	(114786) 114786 N Nolan	Macbeth Centre
Thursday	AW2270	Exercise after stroke (online class)	12/01/2023	23/03/2023	10:30:00	11:45:00	(96909) 96909 M Thompson	ONLINE

Thursday	AW2025	Breathe better circuit (online class)	12/01/2023	23/03/2023	11:55:00	13:10:00	(96909) 96909 M Thompson	ONLINE
Thursday	AW2800	Be good to your back	12/01/2022	23/03/2023	11:00:00	12:00:00	(739) 739 Miss A C Frosdick	Macbeth Centre
Thursday	AW2061	Senior total body workout	12/01/2023	23/03/2023	13:30:00	15:00:00	(318) 318 C J Fairchild	Wharf Rooms, Imperial Wharf
Thursday	AW2885	Cardiac rehab Phase IV (online class)	12/01/2023	23/03/2023	09:00:00	10:15:00	(96909) 96909 M Thompson	ONLINE
Friday	AW2755	Complete body workout	13/01/2023	24/03/2023	10:00:00	11:30:00	(741) 741 C Blake	Macbeth Centre
Saturday	AW2106	Full body workout for beginners	14/01/2023	25/03/2023	11:30:00	12:30:00	(122679) 122679 P Di Deco	Macbeth Centre