

Agewell summer programme 2023

Programme to run for 3 or 4 weeks from **July 19th**
to **September 01st 2023**

Below are the courses we are offering in July-August 2023 as part of our usual summer Agewell programme. Most courses are 3-week long and based at the Macbeth centre unless otherwise stated. 3-week course are priced at £15 and 4-week courses at £20.

code	course title	day	time	fees	start	end
AWS175	Introduction to Tai Chi	Wednesday <i>x 4 weeks</i>	10.00-11.00	20	19/07/2023	09/08/2023
AWS180	Qi Gong	Wednesday <i>x 4 weeks</i>	11.15-12.15	20	19/07/2023	09/08/2023
AWS329	Zumba Gold	Friday	11:30 - 12:30	15	21/07/2023	04/08/2023
AWS008	Circuit training	Monday	09:30 - 11:00	15	07/08/2023	21/08/2023
AWS012	Yoga for better breathing (online course)	Monday	08:00 - 09:00	15	07/08/2023	21/08/2023
AWS155	Complete body workout	Monday	11:15 - 12:45	15	07/08/2023	21/08/2023
AWS334	Hatha Yoga	Monday	15:45 - 16:45	15	07/08/2023	21/08/2023
AWS014	Pilates	Tuesday <i>x 4 weeks</i>	14:00 - 15:00	20	08/08/2023	29/08/2024
AWS050	Gentle Keep Fit (Vanston Community Centre)	Tuesday	10:00 – 11:00	15	08/08/2023	22/08/2024
AWS111	Flexibility	Tuesday <i>x 4 weeks</i>	12:15 - 13:15	20	08/08/2023	29/08/2024
AWS011	Yoga and Meditation (online course)	Wednesday	09:30 - 11:30	15	09/08/2023	23/08/2023
AWS026	Yoga and meditation (online course)	Wednesday	15:15 - 16:45	15	09/08/2023	23/08/2023
AWS199	Senior Total Body Workout (Wharf Rooms Centre)	Thursday	13:30 - 15:00	15	10/08/2023	24/08/2023
AWS013	Pilates	Friday <i>x 4 weeks</i>	10:00 - 11:00	20	11/08/2023	01/09/2023

Courses are open to everyone over 50!.

*The fees above are per individual course (unless otherwise stated).
Concessions are available (50% of the standard fee).*

You can *enrol online* or by calling the enrolment line on

020 8753 3600

www.hfals.ac.uk