

# Summer Agewell (50+) Programme

## August 2025

### **Pilates Summer Workshop AWS013 (All Levels)**

Tuesday | 05/08/2025-26/08/2025 | 12:30 - 13:30 Fees: Standard £25 Conc £12.50 Full £25

### **Pilates Summer Workshop AWS014 (All Levels)**

Tuesday | 05/08/2025-26/08/2025 | 14:00 - 15:00 Fees: Standard £25 Conc £12.50 Full £25

### **Pilates Summer Workshop AWS021 (All Levels)**

Thursday | 07/08/2025-28/08/2025 | 14:45 - 15:45 Fees: Standard £25 Conc £12.50 Full £25

### **Hatha Yoga Summer Workshop AWS026 (All Levels)**

Monday | 04/08/2025-11/08/2025 | 15:45 - 16:45 Fees: Standard £15 Conc £7.50 Full £15

### **Chair Aerobics Summer Workshop AWS028 (All Levels)**

Monday | 04/08/2025-18/08/2025 | 10:00 - 11:00 Fees: Standard £20 Conc £10 Full £20

### **Gentle Keep Fit Summer Workshop AWS032 (All Levels)**

Tuesday | 05/08/2025-26/08/2025 | 10:00 - 11:00 Fees: Standard £25 Conc £12.50 Full £25

### **Strong and Lean Summer Workshop AWS099 (All Levels)**

Monday | 04/08/2025-18/08/2025 | 11:00 - 12:00 Fees: Standard £20 Conc £10 Full £20

### **Flexibility Summer Workshop AWS111 (All Levels)**

Thursday | 07/08/2025-28/08/2025 | 13:30 - 14:30 Fees: Standard £25 Conc £12.50 Full £25

### **Fitness with Ballet Summer Workshop AWS112 (All Levels)**

Thursday | 07/08/2025-28/08/2025 | 12:15 - 13:15 Fees: Standard £25 Conc £12.50 Full £25

### **Tai Chi Summer Workshop AWS130 (All Levels)**

Wednesday - Friday | 06/08/2025-08/08/2025 | 10:00 - 11:00 Fees: Standard £20 Conc £10 Full £20

### **Qi Gong Summer Workshop AWS182 (All Levels)**

Wednesday - Friday | 06/08/2025-08/08/2025 | 11:00 - 12:00 Fees: Standard £20 Conc £10 Full £20



To enrol please call 0208 753 3600 quoting the course code above.