

Agewell Summer Workshops August 2026

Stay active, improve your wellbeing and enjoy a friendly, supportive environment.

Workshops

Strong and Lean

Mon 11:00–12:00 | 03 Aug | 3 Weeks | Standard £20.76 Conc £10.38 Full £20.76 | **AWS099**

Gentle Keep Fit

Mon 10:00–11:00 | 03 Aug | 4 Weeks | Standard £25.95 Conc £12.98 Full £25.95 | **AWS032**

Hatha Yoga

Mon 15:45–16:45 | 03 Aug | 2 Weeks | Standard £15.57 Conc £7.79 Full £15.57 | **AWS026**

Pilates

Tue 14:00–15:00 | 04 Aug | 4 Weeks | Standard £25.95 Conc £12.98 Full £25.95 | **AWS014**

Tue 12:30–13:30 | 04 Aug | 4 Weeks | Standard £25.95 Conc £12.98 Full £25.95 | **AWS013**

Thu 14:45–15:45 | 06 Aug | 4 Weeks | Standard £25.95 Conc £12.98 Full £25.95 | **AWS021**

Qi Gong

Wed–Fri 11:00–12:00 | 05 Aug | 3 Days | Standard £20.76 Conc £10.38 Full £20.76 | **AWS182**

Tai Chi

Wed–Fri 10:00–11:00 | 05 Aug | 3 Days | Standard £20.76 Conc £10.38 Full £20.76 | **AWS130**

Fitness with Ballet

Thu 12:15–13:15 | 06 Aug | 4 Weeks | Standard £25.95 Conc £12.98 Full £25.95 | **AWS112**

Flexibility

Thu 13:30–14:30 | 06 Aug | 4 Weeks | Standard £25.95 Conc £12.98 Full £25.95 | **AWS111**

Enrolment Information

Adult Learning and Skills Service (ALSS)

Phone: 020 8753 3600

Email: alss@lbhf.gov.uk

Location: Macbeth Centre, Macbeth Street, London