

# Agewell summer programme 2020

Programme to run for 4 weeks from **Monday 3<sup>rd</sup> to Friday 28<sup>th</sup> 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 <b>in the park</b> (Ravenscourt Park)	Monday	09.00-10.00	£16	03/08/2020	24/08/2020
AWS098	Botanical art <b>in the park</b> (Ravenscourt Park)	Monday	10.30-13.00	£40	03/08/2020	24/08/2020
AWS011	Gentle yoga and meditation <b>online</b> (Nahid)	Tuesday	12:00 - 13:00	£12	04/08/2020	25/08/2020
AWS026	Yin yoga <b>online</b> (Nahid)	Tuesday	15:30 - 17:00	£15	04/08/2020	25/08/2020
AWS125	Dance mix <b>online</b>	Tuesday	12:30 - 13:30	£12	04/08/2020	25/08/2020
AWS500	Landscape painting <b>in the park</b> (Chiswick House)	Tuesday	10:00 - 16:00 (1 hour break)	£80	04/08/2020	25/08/2020
AWS004	Yoga <b>online</b> (Liz)	Wednesday	09:30 - 11:30	£18	05/08/2020	26/08/2020
AWS334	Yoga <b>online</b> (Nahid)	Wednesday	10:30 - 12:00	£15	05/08/2020	26/08/2020
AWS012	Yoga and meditation <b>online</b> (Donna)	Wednesday	15:15 - 16:45	£15	05/08/2020	26/08/2020
AWS185	Summer harmonies singing workshops <b>online</b>	Wednesday	15:00 – 16:30	£15	22/07/2020	12/08/2020
AWS199	Be good to your back <b>online</b>	Wednesday	12:15 - 13:15	£12	22/07/2020	12/08/2020
AWS328	Zumba Gold <b>online</b>	Wednesday	12:30 - 13:30	£12	05/08/2020	26/08/2020
AWS023	Breathe better circuit <b>online</b>	Thursday	12:00 - 13:15	£12	06/08/2020	27/08/2020
AWS045	Balance, strength and stability <b>online</b>	Thursday	11:00 - 12:00	£12	06/08/2020	27/08/2020
AWS055	Exercise for the prevention and rehabilitation of osteoporosis <b>online</b>	Thursday	12:30 - 13:30	£12	06/08/2020	27/08/2020
AWS099	Exercise after stroke <b>online</b>	Thursday	10:30 - 11:45	£12	06/08/2020	27/08/2020
AWS335	Cardiac rehab <b>online</b>	Thursday	09:00 - 10:15	£12	06/08/2020	27/08/2020
AWS013	Pilates (beginners) <b>online</b>	Friday	14:00 - 15:00	£12	07/08/2020	28/08/2020
AWS014	Pilates (improvers / intermediate) <b>online</b>	Friday	15:15 - 16:15	£12	07/08/2020	28/08/2020
AWS155	Complete body workout <b>online</b>	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 6<sup>th</sup> - 10<sup>th</sup> July 2020 by telephone only and thereafter you can also enrol online.**