

Agewell term 2 2020-2021 list of online courses

Unless otherwise stated courses will start the week commencing 04/01/2021 and the standard fees are £40 for in-borough, £50 for out-of-borough and £20 for concessions. You can enrol by calling the enrolment line on 020867533600 (Mon-Fri 09.30-16.00) or online (if you are paying the standard in borough fee only).

	course	day	time	start	end	code
	Yoga (Liz)	Mon	08.00-09.00	04/01/21	22/03/21	AW200N
	Pilates	Mon	12.00-13.00	04/01/21	22/03/21	AW2330
	Dance Mix	Mon	13.00-14.00	04/01/21	22/03/21	AW2516
	Be good to your back (6 week course)	Mon	11.45-12.45	15/02/21	22/03/21	AW2801
	Circuit training	Mon	10.00-11.30	04/01/21	22/03/21	AW2050
NEW	Better breathing for improved health (5-weeks)	Mon	11.15-12.15	01/02/21	01/03/21	AW2905
	Yoga from your chair (5 week course)	Mon	11.15-12.15	08/03/21	05/04/21	AW2915
	Gentle yoga (Nahid)	Tue	12.00-13.30	05/01/21	23/03/21	AW2182
	Yin yoga (Nahid)	Tue	15.00-16.30	05/01/21	23/03/21	AW2550
	Pilates	Tue	12.00-13.00	05/01/21	23/03/21	AW2132
	Circuit training	Wed	10.00-11.30	06/01/21	24/03/21	AW2060
	Be good to your back (6 week course)	Wed	12.15-13.15	17/02/21	24/03/21	AW2800
	Yoga (Nahid)	Wed	10.30-12.00	06/01/21	24/03/21	AW2185
	Pilates	Wed	11.00-12.00	06/01/21	24/03/21	AW2135
	Yoga (Liz)	Wed	09.30-11.30	06/01/21	24/03/21	AW2190
	Gentle yoga (Donna)	Wed	15.15-16.45	06/01/21	24/03/21	AW2183
	Zumba gold	Wed	12.30-13.30	06/01/21	24/03/21	AW2891
	Agewell singers	Thu	10.30-12.00	07/01/21	25/03/21	AW2950
	Exercise for the prevention of osteoporosis	Thu	11.45-12.45	07/01/21	25/03/21	AW2450
	Cardiac rehab phase IV	Thu	09.00-10.15	07/01/21	25/03/21	AW2885
	Balance, strength and stability	Thu	10.30-11.30	07/01/21	25/03/21	AW2600
NEW	Relaxation techniques	Thu	14.00-15.00	14/01/21	25/03/21	AW2920
	Pilates	Fri	12.00-13.00	08/01/21	26/03/21	AW2133
	Pilates	Fri	14.00-15.00	08/01/21	26/03/21	AW2131
	Pilates	Fri	15.15-16.15	08/01/21	26/03/21	AW2130
	Complete body workout	Fri	10.30-12.00	08/01/21	26/03/21	AW2755