

# ALSS Agewell programme term 2 January to March 2024



Code	Title	Start date	End date	Start time	End time	Venue
AW2040	Circuit training (level 2) £40	Mon 08 Jan 24	Mon 11 Mar 24	9:45 AM	11:45 AM	Macbeth
AW2050	General Circuit training	Mon 08 Jan 24	Mon 18 Mar 24	10:00 AM	11:30 AM	Macbeth
AW2180	Yoga for better breathing (online course)	Mon 08 Jan 24	Mon 18 Mar 24	8:00 AM	9:00 AM	Macbeth
AW2196	Hatha yoga	Mon 08 Jan 24	Mon 18 Mar 24	3:45 PM	5:15 PM	Macbeth
AW2516	Dance mix	Mon 08 Jan 24	Mon 18 Mar 24	1:00 PM	2:00 PM	Macbeth
AW2801	Be good to your back 1 £40	Mon 08 Jan 24	Mon 11 Mar 24	12:00 PM	1:00 PM	Macbeth
AW2090	Gentle keep fit/falls prevention	Tue 09 Jan 24	Tue 19 Mar 24	10:00 AM	11:00 AM	<b>Vanston Place</b>
AW2132	Pilates beginners/improvers	Tue 09 Jan 24	Tue 19 Mar 24	12:30 PM	1:30 PM	Macbeth
AW2133	Pilates beginners/improvers	Tue 09 Jan 24	Tue 19 Mar 24	2:00 PM	3:00 PM	Macbeth
AW2060	Circuit training (level 2) £40	Wed 10 Jan 24	Wed 13 Mar 24	10:30 AM	12:00 PM	Macbeth
AW2160	Qi Gong for beginners	Wed 17 Jan 24	Wed 27 Mar 24	10:00 AM	11:00 AM	Macbeth
AW2170	Tai Chi (Yang style) beginners	Wed 17 Jan 24	Wed 27 Mar 24	11:00 AM	12:00 PM	Macbeth
AW2175	Tai Chi (Yang style) improvers	Wed 17 Jan 24	Wed 27 Mar 24	12:15 PM	1:15 PM	Macbeth
AW2176	Qi gong	Wed 17 Jan 24	Wed 27 Mar 24	1:30 PM	2:30 PM	Macbeth
AW2183	Yoga and meditation (online course)	Wed 10 Jan 24	Wed 20 Mar 24	3:15 PM	4:45 PM	Macbeth
AW2190	Yoga and meditation (online course)	Wed 10 Jan 24	Wed 20 Mar 24	9:30 AM	11:30 AM	Macbeth
AW2800	Be good to your back 2 £40	Wed 10 Jan 24	Wed 13 Mar 24	12:00 PM	1:00 PM	Macbeth
AW2020	Flexibility	Thu 11 Jan 24	Thu 21 Mar 24	12:15 PM	1:15 PM	Macbeth
AW2891	Fitness with ballet <b>(new)</b>	Thu 11 Jan 24	Thu 21 Mar 24	1:30 PM	2:30 PM	Macbeth
AW2061	Senior total body workout	Thu 11 Jan 24	Thu 21 Mar 24	1:30 PM	3:00 PM	<b>Wharf Room</b>
AW2880	Dance mix	Thu 11 Jan 24	Thu 21 Mar 24	11:00 AM	12:00 PM	Macbeth
AW2130	Pilates	Fri 12 Jan 24	Fri 22 Mar 24	2:00 PM	3:00 PM	Macbeth
AW2515	Zumba gold	Fri 12 Jan 24	Fri 22 Mar 24	11:30 AM	12:30 PM	Macbeth
AW2885	Stretch & Flex <b>(new)</b>	Fri 12 Jan 24	Fri 22 Mar 24	12:30 PM	1:30 PM	Macbeth
AW2195	Hatha yoga	Sat 13 Jan 24	Sat 23 Mar 24	11:30 AM	12:30 PM	Macbeth
AW2185	Saturday one day yoga workshop <b>(new)</b> £10	Sat 03 Feb 24	Sat 03 Feb 24	9:30 AM	11:30 AM	Macbeth

The agewell programme is open to **anyone over 50** who wishes to keep fit and healthy by joining one of our many affordable exercises classes.

Unless otherwise stated all courses are £45 per term. Concessions area available (£20 per course per term)

You can enrol online at [www.hfals.ac.uk](http://www.hfals.ac.uk) or by calling our enrolment line on 020 8753 3600