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## PILATES

*With George*

With guidance, learn how to stretch and strengthen your body. Bring your own mat.



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## POWER WALKING

*DVD*

DVD session. An energetic 'power walk' of three miles (on the spot) inside the hall. Wear loose exercise clothing and footwear. Sets you up for the rest of the day.

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## STRETCHING & STRENGTH

Gentle exercises to stretch and strengthen your body. Assists with fitness and good health.



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## TAI CHI

*With Amelia or Des*

This form of Tai Chi helps with arthritis, fall prevention and general well-being. Wear loose clothing and comfortable shoes.



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## YOGA

*With Julie*

This graceful form of yoga is based on soft flowing movements, directed breathing and visualisation, and the session finishes with relaxing meditation. Bring your own mat.

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## ZUMBA FOR BABY BOOMERS

*DVD*

DVD session. Begin with a power walk warm-up then Zumba dance movements to South American music.

