



Day and Time	Class Type and Instructor	Cost	Venue and Cost	How to attend	More information
<b>Monday</b> <b>09.30am</b>	<b>Tai Chi</b> Denise Nethercott	£5	Watermoor Church Hall, Trinity Road, Cirencester, GL7 1RA	Contact Denise on 07909 874186 for more information	
<b>Monday</b> <b>10am</b>	<b>Postural Stability</b> Jacki Hood	£5	Ashcroft Church, Ashcroft Road, Cirencester, GL7 1RA	Contact Jacki on 07957234268 for more information	
<b>Monday</b> <b>11am</b>	<b>Postural Stability</b> Denise Nethercott	£5	Watermoor Church Hall, Trinity Road, Cirencester, GL7 1RA	Contact Denise on 07909 874186 for more information	
<b>Tuesday</b> <b>10.30am</b>	<b>Postural Stability</b> Jacki Hood	£5	Market Close, Roman Way, Bourton on the Water, GL54 2HE	Contact Jacki on 07957234268 for more information	
<b>Tuesday</b> <b>1.30pm-2.30pm</b>	<b>Postural Stability</b> Cally Maxwell	£7	The Westwood's Centre, Bassett Road, Northleach, GL54 3QJ	Contact Cally on 07957 546067 for more information	
<b>Tuesday</b> <b>3pm-4pm</b>	<b>Tai Chi</b> Denise Nethercott	£5	Watermoor Church Hall, Trinity Road, Cirencester, GL7 1RA	Contact Denise on 07909 874186 for more information	
<b>Wednesday</b> <b>10am-11am</b>	<b>Postural Stability</b> Cally Maxwell	£7	Costwold Health and Fitness Club, Unit 4c, Hawthorn Court, Bourton Industrial Park, Bourton on the Water, GL54 2HQ	Contact Cally on 07957 546067 for more information	
<b>Wednesday</b> <b>2pm-3pm</b>	<b>Stronger for Longer</b> Tim Bird	£5	South Cerney United Church, Clark's Hay, South Cerney, Cirencester, GL7 5UA	Contact Tim on 07794 614962 for more information	£5 joining fee on initial session then £5 per session

Day and Time	Class Type and Instructor	Cost	Venue and Cost	How to attend	More information
<b>Thursday 10am</b>	<b>Postural Stability</b> Cally Maxwell	£7	Costwold Health and Fitness Club, Unit 4c, Hawthorn Court, Bourton Industrial Park, Bourton on the Water, GL54 2HQ	Contact Cally on 07957 546067 for more information	
<b>Thursday 10.45am</b>	<b>Postural Stability</b> Jacki Hood	£5	Moreton Area Centre, High Street, Moreton in Marsh, GL56 0AZ	Contact Jacki on 07957234268 for more information	
<b>Thursday 11.30am</b>	<b>Tai Chi</b> Jacki Hood	£5	Moreton Area Centre, High Street, Moreton in Marsh, GL56 0AZ	Contact Jacki on 07957234268 for more information	
<b>Thursday 11.45am</b>	<b>Postural Stability</b> Cally Maxwell	£7	George Moore Community Clinic, Moore Road, Bourton on the Water, GL54 2AZ	Contact Cally on 07957 546067 for more information	
<b>Thursday 2pm-3pm</b>	<b>Stronger for Longer</b> Tim Bird	£5	Stratton Village Hall, Thessaly Rd, Stratton, Cirencester GL7 2NG	Contact Tim on 07794 614962 for more information	£5 joining fee on initial session then £5 per session
<b>Friday 09.30am</b>	<b>Postural Stability</b> Denise Nethercott	£5	Fairford Community Centre, High Street, Fairform, GL7 4AF	Contact Denise on 07909 874186 for more information	
<b>Friday 11am</b>	<b>Tai Chi</b> Denise Nethercott	£5	Fairford Community Centre, High Street, Fairform, GL7 4AF	Contact Denise on 07909 874186 for more information	
<b>Friday 11am - 12.00pm</b>	<b>Stronger for Longer</b> Tim Bird	£5	Cirencester Baptist Church, Chesterton Ln, Cirencester GL7 1YE	Contact Tim on 07794 614962 for more information	£5 joining fee on initial session then £5 per session