



| Day and Time | Class Type and Instructor | Cost | Venue and Cost | How to attend | More information |
|---|---|------|--|-------------------------------------|---|
| Monday 10am | Falls Prevention Simon Grodentz | £3 | Manor Gardens, Barnwood Road, Gloucester, GL4 3JY | Contact Simon on 07742 270 718 | www.gfitness.co.uk |
| Monday 1pm | Seated Exercise Tanya Gennaio | £4 | Hamlet Lodge, Heathville Road, Gloucester, GL1 3ET | Contact Tanya on 07875 168 004 | www.gfitness.co.uk |
| Tuesday 9.50 - 10.50 | Falls Prevention Matthew Harris | £5 | Methodist Church, 9 Carisbrooke Road, Hucclecote, Gloucester, GL3 3QR | Contact Matthew on 07795 465 982 | www.gfitness.co.uk |
| Tuesday 10-11am | Fit for Life Jon French | £4 | Longlevens Community Centre, Church Road, GL2 0AJ | Contact Jon on 07503 876430 | General exercise instructor with awareness and training of falls prevention exercises |
| Tuesday 12.15pm | Falls Prevention Simon Grodentz | £3 | Redwell Centre, Redwell Road, Matson, Gloucester, GL4 6JG | Contact Simon on 07742 270 718 | www.gfitness.co.uk |
| Wednesday 12pm-1pm (starts 4th September 2019) | Fit for Life Jon French | £4 | Elmscroft Community Centre, Coronation Grove, GL2 0SS | Contact Jon on 07503 876430 | General exercise instructor with awareness and training of falls prevention exercises |
| Wednesday 12pm | Active Strength and Balance (advanced) Antonia Vassiloudi | £5 | Churchdown Community Centre, Parton Road, Churchdown, GL3 2JH | Contact Antonia on 07803 345 702 | antoniavassiloudi@hotmail.com |



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| Wednesday 3.30pm | Falls Prevention Simon Grodentz | £3 | Communal Lounge, Oliver Close, Goddard Way, Tuffley, Gloucester, GL4 0HD | Contact Simon on 07742 270 718 | www.gfitness.co.uk |
| Thursday 10am-11am | Fit for Life Jon French | £4 | Longlevens Community Centre, Church Road, GL2 0AJ | Contact Jon on 07503 876430 | General exercise instructor with awareness and training of falls prevention exercises |
| Thursday 11.15am | Active Strength and Balance Antonia Vassiloudi | £4.50 | Churchdown Community Centre, Parton Road, Churchdown, GL3 2JH | Contact Antonia on 07803 345 702 | antoniavassiloudi@hotmail.com |
| Thursday 12.15pm | Tai Chi for Falls Prevention Antonia Vassiloudi | £5 | Churchdown Community Centre, Parton Road, Churchdown, GL3 2JH | Contact Antonia on 07803 345 702 | antoniavassiloudi@hotmail.com |
| Friday 9.30-10.30 | Active Strength and Balance Antonia Vassiloudi | £3.50 | Tesco St Oswalds, Community Room, Gloucester, GL1 2SJ | Contact Antonia on 07803 345 702 | antoniavassiloudi@hotmail.com |
| Friday 10am-11am | Fit for Life Jon French | £4 | The Hub GL3 Community Centre, Churchdown, GL3 1HX | Contact Jon on 07503 876430 | General exercise instructor with awareness and training of falls prevention exercises |
| Friday 10am | Falls Prevention Matthew Harris | £4 | Churchdown Methodist Church Hall, Chapel Hay Lane, Churchdown, GL3 2EJ | Contact Matthew on 07795 465 982 | www.gfitness.co.uk |



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| Friday 10am | Falls Prevention Simon Grodentz | £3 | Queen Anne Court, Bristol Road, Quedgeley, GL2 4JY | Contact Simon on 07742 270 718 | www.gfitness.co.uk |
| Friday 10.30-11.15 | Seated Exercise Becky Law | £2 | Clapham Communal Lounge, Alvin Street, Gloucester, GL1 3DE | Contact Becky on 07711 924392 | www.gfitness.co.uk |
| Friday (alternate Fridays) 11.30-12.15 | Seated Exercise Tanya Gennaio | £2 | Charter Court, Communal Lounge, Victoria Street, Gloucester, GL1 4EP | Contact Tanya on 07875 168 004 | www.gfitness.co.uk |
| Friday 11.45-12.30 | Seated Exercise Becky Law | £2 | Badgervales Court, Communal lounge, Woodpecker Road, Podsmead, GL2 5FQ | Contact Becky on 07711 924392 | www.gfitness.co.uk |