



Day and time	Class type and instructor	Cost	Venue	How to attend	More information
Monday 1.15pm	Falls prevention	£3	Corse and Staunton Village Hall, Gloucester Road, Corse, GL19 3RQ	Contact the co-ordinator on 01594 812399	Referral only
Monday 2.15pm	Falls prevention	£3	Corse and Staunton Village Hall, Gloucester Road, Corse, GL19 3RQ	Contact the co-ordinator on 01594 812399	Referral only
Tuesday No set time	Backward Chaining Lesley Gilmour	£2	Marina Court, Trafalgar Road, Tewkesbury, GL20 5AY	Contact Lesley 01684 273360	Sessions booked in based on demand
Tuesday 12.30-1.30	Stay on Your Feet Pippa Ward	£0	Wheatpieces Community Centre, Tewkesbury, GL20 7SP	Contact Pippa on 07709 264434	pippa@teachfitness.co.uk
Wednesday 11am	Seated activity Lesley Gilmour	£2	Marina Court, Trafalgar Road, Tewkesbury, GL20 5AY	Contact Lesley 01684 273360	Great beginners class for balance skills with a qualified balance instructor
Wednesday 2.30pm	Sit Fit Jo Anne Hale	£3	Prestbury Library, The Burgage, Prestbury, Cheltenham, GL52 3DN	Contact Jo Anne on 07817 851214	Gentle seated physical activity
Thursday 10am	Tai Chi Olly Leonard	£4	Marina Court, Trafalgar Road, Tewkesbury, GL20 5AY	Contact Olly on 07508 686315	
Friday 11am	Active Balance Lesley Gilmour	£2	Marina Court, Trafalgar Road, Tewkesbury, GL20 5AY	Contact Lesley 01684 273360	Advanced class