



BEDFORD
BOROUGH COUNCIL

Over 70s Gentle Exercise Classes and Chair-based Fitness Pilates



Bedford Central Library
Mondays, 11.15am-12.15pm

Date	Activity
17th September	Yoga
24th September	Stretch and Balance
1st October	Stretch and Balance
8th October	Stretch and Balance
15th October	Line Dancing
22nd October	Movement to Music
29th October	Movement to Music
5th November	Line Dancing
12th November	Stretch and Balance
19th November	Stretch and Balance
26th November	Line Dancing
3rd December	Line Dancing

Bedford International Athletic Stadium
Wednesdays, 2.30pm-3.30pm

Date	Sports Hall	Exercise Room
19th September	Walking football & Table Tennis	Fitness Pilates
26th September	Walking football & Table Tennis	Fitness Pilates
3rd October	Hockey & Table Tennis	Fitness Pilates
10th October	Hockey & Table Tennis	Fitness Pilates
17th October	Basketball & Table Tennis	Fitness Pilates
24th October	Basketball & Table Tennis	Fitness Pilates
31st October	Rounders & Table Tennis	Fitness Pilates
7th November	Rounders & Table Tennis	Fitness Pilates
14th November	Badminton & Table Tennis	Fitness Pilates
21st November	Badminton & Table Tennis	Fitness Pilates
28th November	Handball & Table Tennis	Fitness Pilates
5th December	Handball & Table Tennis	Fitness Pilates

Bedford Central Library
Thursdays, 11.15am-12.15pm

Date	Activity
20th September	Chair-based Fitness Pilates
27th September	Chair-based Fitness Pilates
4th October	Chair-based Fitness Pilates
11th October	Chair-based Fitness Pilates
18th October	Chair-based Fitness Pilates
25th October	Chair-based Fitness Pilates
1st November	Chair-based Fitness Pilates
8th November	Chair-based Fitness Pilates
15th November	Chair-based Fitness Pilates
22nd November	Chair-based Fitness Pilates
29th November	Chair-based Fitness Pilates
6th December	Chair-based Fitness Pilates

only **£4 per session**

No need to book, just turn up
- first come, first served!

After the session why not relax with a free tea or coffee (details provided at the session).
All abilities welcome and we are flexible on the age - please telephone to discuss

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5 Ways to Wellbeing

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