



BEDFORD
BOROUGH COUNCIL

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



Bedford Central Library Mondays, 11.15am-12.15pm

Date	Activity
10th December	Line Dancing
17th December	No Session
24th December	No Session
31st December	No Session
7th January	Yoga
14th January	Yoga
21st January	Stretch and Balance
28th January	Stretch and Balance
4th February	Stretch and Balance
11th February	Movement to Music
18th February	Line Dancing
25th February	Line Dancing

Bedford International Athletic Stadium Wednesdays, 2.30pm-3.30pm

Date	Sports Hall	Exercise Room
12th December	Kurling / Boccia & Table Tennis	Fitness Pilates
19th December	No Session	Fitness Pilates
26th December	No Session	Fitness Pilates
2nd January	No Session	Fitness Pilates
9th January	Short Tennis & Table Tennis	Fitness Pilates
16th January	Short Tennis & Table Tennis	Fitness Pilates
23rd January	Cricket & Table Tennis	Fitness Pilates
30th January	Cricket & Table Tennis	Fitness Pilates
6th February	Volleyball & Table Tennis	Fitness Pilates
13th February	Volleyball & Table Tennis	Fitness Pilates
20th February	Indoor Golf & Table Tennis	Fitness Pilates
27th February	Indoor Golf & Table Tennis	Fitness Pilates

Bedford Central Library Thursdays - **TWO SESSIONS** 10am-11am & 11.15am-12.15pm

New Session!

Date	Activity
13th December	Chair-based Fitness Pilates
20th December	No Session
27th December	No Session
3rd January	No Session
10th January	Chair-based Fitness Pilates
17th January	Chair-based Fitness Pilates
24th January	Chair-based Fitness Pilates
31st January	Chair-based Fitness Pilates
7th February	Chair-based Fitness Pilates
14th February	Chair-based Fitness Pilates
21st February	Chair-based Fitness Pilates
28th February	Chair-based Fitness Pilates

only **£4 per session**

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



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5 Ways to Wellbeing

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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