

Lifestyle

Independence

Friendship

Exercise

Living with a long term health condition?

Join our **50+** exercise programme



Our sessions include:

Dancercise Gold

Low Impact Exercise

Easy Does It

Social Events

Contact

Richie **07999 500 951**
or Emma **07963 048 179**

Reduce the risk of:
COPD, Cancer, Heart Disease, Stroke.
Arthritis, Mental Health, Osteoporosis,
Dementia, Diabetes and Falling



thelifeprogramme.org.uk

Day	Time	Class	Location
Monday	10-10:45am	Low Impact Exercise	Barnmoor Hub, Ryton, NE40 3AZ
	10-10:45am	Dancercise Gold	Deckham Community Centre, Split Crow Road, NE8 3UB
	11-11:45am	Easy Does It	
	11:45-12:30pm	Low Impact Exercise	St Joseph's Church Hall, Shibdon Road, Blaydon, NE21 6AE
	12:10-12:45pm	Low Impact Exercise	FACT, Denise Robertson House, Swalwell
	12:55-1:40pm	Low Impact Exercise	
	2-2:45pm	Low Impact Exercise	Whickham, St Mary's Church Hall
	3:15-4pm	Easy Does It	Wood Green, Bill Quay, Gateshead, NE10 0UD
Tuesday	10-10:45am	Low Impact Exercise	Gateshead Indoor Bowling Centre, Gladstone Terrace, Gateshead, NE8 4DY
	11:15-12pm	Low Impact Exercise	Wreckenton Methodist Church, Wreckenton
	11:15-12pm	Low Impact Exercise	Washinton Arts Centre, Fatfield
	12:30-1:15pm	Low Impact Exercise	Springwell Village Community Venue, Fell Road, Gateshead, NE9 7RP
Wednesday	10-10:45am	Low Impact Exercise	St Joseph's Church Hall, Shibdon Road, Blaydon, NE21 6AE
	11:30-12:15pm	Low Impact Exercise	Lobley Hill Community Centre, Scafell Gardens, Gateshead, NE11 9LS
	1-1:45am	Dancercise Gold	Deckham Community Centre, Split Crow Road, NE8 3UB
	12-12:45pm	Low Impact Exercise	Keeper Hall, Houghton-le-Spring
	2-2:45pm	Low Impact Exercise	Silksworth CA, Silksworth, Sunderland
	2:15-4:15pm	Stayin' Steady	St Mary's Church Hall, Whickham
Thursday	10-12pm	Easy Does It	Chopwell Methodist Church, Chopwell
	11:30-12:15pm	Low Impact Exercise	St Chad's Church Hall, Bensham
	12-12:45pm	Low Impact Exercise	St Helen's Church Hall, Belle Vue Bank, Gateshead, NE9 6BR
	1-1:45pm	Dancercise Gold	Barnmoor Hub, Ryton, NE40 3AZ
Friday	10-10:45am	Low Impact Exercise	St Chad's, Bensham
	10-10:45am	Low Impact Exercise	Barnmoor Hub, Ryton, NE40 3AZ
	11:30-12:15pm	Low Impact Exercise	Lobley Hill Community Centre, Scafell Gardens, Gateshead, NE11 9LS
	11:40-12:25pm	Low Impact Exercise	Deckham Community Centre, Split Crow Road, NE8 3UB
	1:15-2pm	Low Impact Exercise	High Southwich Methodist Church, Sunderland

Gateshead | Sunderland | Washington | Houghton

New venues being added, check latest timetable at thelifeprogramme.org.uk