

Wellbeing Sessions

Led by qualified instructors these chair-based sessions are perfect for gently rebuilding your strength, suppleness, skill and stamina and more importantly, provide an opportunity to reconnect and socialise with others

Call or email Kate to book or for more info
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West Berkshire Wellbeing Sessions

Tuesday 10.15am York House, Calcot with Kate

**Tuesday 11.15am Fairclose Centre, Newbury
with Hayley (£1 charge)**

Wednesday 14.15pm Frank Hutchings Hall with Kate

Wednesday 15.30pm Theale Library, Theale with Kate

Thursday 11.15am Blands Court Burghfield Common with Juliet

**Friday 11.00am (Seated Yoga) Dorman Rooms, Pangbourne
with Sami (£2 charge)**

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Virtual Sessions

Wednesdays at 10.30am

Gentle Chair based exercise with Debbie and Mandy from MoveAbility