



Chair Based Exercise Classes

Monday 12.30 - 13.30pm

Kings Court, Southwell

(First 3 Mondays of each month)

Monday 2.45 - 3.30pm

Dukeries Leisure Centre

Tuesday 1-2pm

Newark Sports & Fitness Centre

Tuesday 12.30 - 1.30pm

Thurgarton Village Hall

Tuesday 2 - 2.45pm

William Ghent House, Balderton

Wednesday 2 - 2.45pm

Marklew Close, Blidworth

Wednesday 3.30 - 4.15pm

Burton Court, Bilsthorpe

Wednesday 2 -3pm

Oxton Village Hall, Oxton

Thursday 9.30 - 10.30am

Trinity Hall, Besthorpe

Thursday 10.30 -11.15am

Blidworth Leisure Centre

Thursday 11.30am - 12.30pm

Sports and Social Club, Sutton on Trent

Thursday 1.30 - 2.15pm

Southfield House, Millgate, Newark

Friday 11am - 12.00pm

William Bailey House, Collingham

Friday 2.30 - 3.30pm

Newark Library

Our Centres:

Blidworth

01623 466266

Dukeries (Ollerton)

01623 862469

Newark

01636 655780

Southwell

01636 813000

www.active4today.co.uk