

# Exercise groups for older adults

## Keep fit, have fun, meet friends!

### Yoga

Tuesday	Hitchin—Christchurch Hall, Bedford Road, SG5 1JN	2pm-3pm	£4.00
Wednesday	Baldock—Community Centre, Simpson Drive, SG7 6DH	3.15pm-4.15pm	£4.00
Thursday	Benington—Parish Hall, Walkern Road near Benington Green	2.30pm-3.30pm	£4.00

### Keep Fit

Tuesday	Abbots Langley—Henderson Memorial Hall, High Street, WD5 0AR	11am-12noon	£2.50
Wednesday	Redbourn—Recreation Centre, Dunstable Road, AL3 7PP	1pm-2pm	£2.50
Thursday	Cheshunt—Wolsey Hall, Windmill Lane, EN8 9AA <b>U3A</b>	9.45-11.15am	£3.00
Thursday	Cuffley—St Andrews Church, Plough Hill, EN6 4DR	1pm-3pm	£2.50
Thursday	Watford—Beechen Grove Baptist Church, Clarendon Rd, WD17 1JJ <b>U3A</b>	12noon-2pm	£2.00

### Multi Activities

Monday	Buntingford—Seth Ward Community Centre, Luyes Rise, SG9 9SG <b>U3A</b>	10am-12noon	£3.00
Thursday	Hoddesdon—Roselands Scout Hut, Highwood Road, EN11 9AR	10am-12noon	£4.00
Thursday	Bovingdon—Bovingdon Baptist Church, High Street, HP3 0HG	3pm-5pm	£3.50
Friday	Breachwood Green—Village Hall, Chapel Road, SG4 8NX	10am-12noon	£2.50
Friday	Knebworth—Village Hall, Park Lane, SG3 6PD	1pm-3pm	£2.50

### Tai Chi

Wednesday	Sawbridgeworth—Church House Hall, 1 Vantorts Road, CM21 9AH	1pm-3pm	£5
Thursday	Sawbridgeworth—Great St Marys Parish Hall, Off Knight Street, CM21 9AX	11.15-1.15pm	£5

### Pilates

Thursday	Hemel Hempstead—Bennetts End Community Centre, Gatecroft, HP3 9LZ	10am-11am	£3.60
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### Fellas Fitness

Tuesday	Chiswell Green—Greenwood Park Community Centre, Tippendell Lane, AL2 3HW	9am-10am	£2.50
Tuesday	Tring—Community Centre, Silk Mill Way, HP23 5E	1pm-2pm	£2.50
Tuesday	Hemel Hempstead—Long Chaulden Community Centre, HP1 2HX	3pm-4pm	£2.50

# Dance classes for older adults

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*Line—Salsa—Tap—Rock n Roll—Flamenco—Jive—Tango—Belly—  
Bollywood ..... and many more!*

## Dance Classes (non partner classes )

Monday	Abbots Langley—Henderson Memorial Hall, High Street, WD5 0AR	10am - 12noon	£4.00
Monday	Letchworth—Parish Hall, Broadway, SG6 3PQ	10am - 12noon	£4.00
Monday	Royston—Town Hall, Melbourne Street, SG8 7DA	1pm - 3pm	£4.00
Tuesday	Welwyn Garden City—Hazel Grove Community Centre, AL7 2DG	10am-12noon	£3.00
Tuesday	Flaunden— Village Hall, Flaunden, HP3 0PU	1pm- 3pm	£4.00
Wednesday	Hertford—The Cowbridge Halls, Cowbridge, SG14 1PG	10am - 12noon	£4.00
Wednesday	Wheathampstead—Memorial Hall, Marford Road, AL4 8AY	2pm - 4pm	£4.00
Thursday	Welwyn Village—Whitehill Centre, Ottway Walk, AL6 9NT	10am -12noon	£4.00
Thursday	Hatfield—Marys Church, 26, Salisbury Square, AL9 5JD	1pm - 3pm	£4.00
Thursday	Bishops Stortford—Rhodes Arts Complex, 1-3 South Road, CM23 3JG	1pm - 3pm	£4.00
Friday	Harpenden— Public Hall, Southdown Road, AL5 1PD	10.30am - 12.30pm	£4.00
Friday	Cuffley—St Andrews Church, Plough Hill, EN6 4DR	1pm-3pm	£4.00

