



FREE Exercise Classes January 2012

Delivered by NHS Physical Activity Team

Class Timetable restarts Monday 9th January 2012



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	08.00 - 08.30 Yogalates Birchills Sure Start Birchills Street WS2 8NF	09.45 - 10.15 Baby Dance Sure Start Blakenall WS3 1HJ Starts 11/01/12			
10.00 - 10.45 Zumba Emmanuel Cof E Church Bentley WS2 0HP	09.15 - 09.45 Baby Ballet Brownhills Children's Centre WS8 6AE Starts 17/01/12	11.00 - 12.00 Circuits Blakenall Community Centre Blakenall Row WS3 1LW	9.30 - 10.00 Baby Ballet Edgar Stammers Children's Centre WS3 1RQ		
10.00 - 11.00 Pilates Blakenall Community Centre WS3 1LW	10.00 - 11.00 Aerobics St James Church Hall Brownhills WS8 6AR	11.30 - 12.30 Pilates Walsall Central Hall Ablewell Street WS1 2EQ	10.30 - 11.30 Aqua Natal Oak Park Leisure Centre Walsall Wood WS9 9PQ	10.00 - 11.00 Over 50's Circuits Blakenall Community Centre WS3 1LW	
	11.00 - 11.30 Seated Exercise To Music Stan Ball Centre WS3 3BW	13.00 - 14.00 Aerobics (Women Only) St Matthews Church Hall WS1 3DG		10.30 - 11.30 Aerobics (Women Only) Birchills Sure Start WS2 8NF	
	10.30 - 11.15 Zumba Blakenall Community Centre Blakenall Row WS3 1LW	13.30 - 14.30 Aqua Natal Bloxwich Leisure Centre High Street WS3 2DA	11.15 - 12.00 Zumba Blakenall Community Centre WS3 1LW		13.30 - 14.00 Flexi-Families Green Lane Baptist Church WS2 8 NX
13.00 - 14.00 Aero-Tone (Women Only) St Matthews Church Hall WS1 3DG	12.00 - 12.45 Aero-Basics (Women Only) AAINA Women's Centre WS1 3BS	13.30 - 14.15 Boxercise Blakenall Community Centre Blakenall Row WS3 1LW			14.30 - 15.30 Aero Mix Green Lane Baptist Church WS2 8 NX
	15.30 - 16.30 Family Dance Bentley Drive Primary School WS2 8RX Starts 10/01/12		17.00 - 18.00 Circuits Shelfield Academy Broad Way Pelsall WS4 1BW	14.00 - 15.00 Aero-Basics Moxley People's Centre Queen Street WS10 8TA	
17.30 - 18.30 Run, Jog, Walk Wolves University Walsall Campus Magdalene Road WS1 3TA		17.30 - 18.30 Circuits St Thomas More Business College Darlaston Lane WV14 7BL			

All classes may be cancelled at short notice...

Call the Lifestyle Link on 01922 44 40 44 for up to date Class Information

Please arrive 15 minutes before the start of the session