



Our friendly sessions can help you to **get fitter,** **feel better,** **meet new people &** **have a laugh!**

	Where?	When?	Cost
<b>Movement to Music</b> - A fun and lively choreographed class.	Frome	Fri, 10am	£6
	Wells	Tues, 10am	
	Chilcompton	Mon 12.30pm	
<b>Simply Dance</b> - A fun and functional dance inspired class to improve mobility, strength and balance	Evercreech	Currently Full - contact us	£6
	Henton	Tues 10.30am	
	Wells	Call 01823 345614 for details	£6
<b>Strong and Steady</b> - To improve strength and balance, helping to keep you steady on your feet and avoid falls.	Frome Oakhill Shipham Wells	Call 01823 345614 for details	£6
<b>Tai Chi QiGong</b> - Easy to learn gentle movements, to improve balance, flexibility and strength. Good for mind, body and wellbeing. Movements can be done seated or standing.	Frome	Currently Full - contact us	£6

For more information please call Age UK Somerset on 01823 345624  
 email: [ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk)  
 or visit [www.ageuksomerset.org.uk](http://www.ageuksomerset.org.uk)