



Day and Time	Class Type and Instructor	Cost	Venue	How to attend	More information
Monday 11:00am – 12:00pm	Active Balance Trish Tenn	£5	Online via Zoom	Pre-booking required. Contact Trish on 07956 466617 to arrange	Now open to new participants
Tuesday 10:30am – 11:30am	Active Balance Trish Tenn	£5	St Margarets Hall, Coniston Road, Hatherley, GL51 3NX	Pre-booking required. Contact Trish on 07956 466617 to arrange	Due the current national lockdown, all classes are currently paused until further notice. Please check back for updates, or contact the instructor for information.
Tuesday 11:00am – 12:00pm	Active Balance Trish Tenn	£5	St Luke's Church Hall, Saint Luke's Place, GL53 7HP	Pre-booking required. Contact Trish on 07956 466617 to arrange	Due the current national lockdown, all classes are currently paused until further notice. Please check back for updates, or contact the instructor for information.

Cheltenham

Strength and balance classes



Fall-proof
Strength and balance plan

Tuesday 12:00pm – 13:00pm	Active Balance Trish Tenn	£5	St Luke's Church Hall, Saint Luke's Place, GL53 7HP	Pre-booking required. Contact Trish on 07956 466617 to arrange	Due the current national lockdown, all classes are currently paused until further notice. Please check back for updates, or contact the instructor for information.
Tuesday 12:45pm – 13:30pm	Active Balance Jo-Anne Hale	£0	Leisure @ Cheltenham, Tommy Taylors Lane, GL50 4RN	Pre-booking required. Contact Jo-Anne on 07817 851214 to arrange	Due the current national lockdown, all classes are currently paused until further notice. Please check back for updates, or contact the instructor for information.
Friday 11:00am – 12:00pm	Active Balance Trish Tenn	£5	Online via Zoom	Pre-booking required. Contact Trish on 07956 466617 to arrange	Now open to new participants