

What's On in the Community

Amble Area

Monday - Social Group
Amble Library, Amble
10.00am - 12.00pm

Blyth Area

Monday - Gentle Exercise
New Hartley Community Centre
10.30am - 11.30am

Monday - Sitting and Standing
Central Methodist Church, Blyth
10.30am - 11.30am

Tuesday - Social Group
St Mary's Parish Centre, Wanley Street
10.00am - 12.00pm

Bellingham Area

Tuesday - Exercise to Music
Town Hall, Bellingham
12.00pm - 1.00pm

Cramlington Area

Friday - Social Group
Cramlington Community Hub
Manor Walks Shopping Centre, Cramlington
9.30am - 11.30am

For further information:

Call: 01670 784 800
Email: info@ageuk-northumberland.org.uk
www.ageuk.org.uk/northumberland

Tynedale Area

Monday - Exercise to Music
Slaley Village Hall
9.30am - 10.30am

Monday - Chair Exercises
Slaley Village Hall
10.45am - 11.45am

Tuesday - Muscle Strength & Balance Class
Hexham Torch Centre
10.00am - 11.00am

Wednesday - Social Group
St Mary's Parish Centre, Ponteland
10.00am - 12.00pm

Bedlington Area

Monday - Social Group
Bedlington Library, Glebe Road, Bedlington
1.30pm - 2.30pm

Berwick Area

Wednesday - Exercise to Music
Norham Village Hall
10.00am - 11.00am



Registered Charity Number: 1072394



27/04/23

Exercise and Social Activities at the Round House and in the Community



www.ageuk.org.uk/northumberland

04/23

What's On

Exercise and Social Activities in The Round House, Lintonville Parkway, Ashington, NE63 9JZ

Tuesdays

Total Body Conditioning
12.30pm - 1.15pm | £3

Zoom Class: Low Strength and Balance
2.00pm - 2.30pm | Free

Chair Based Exercises
2.45pm - 3.15pm | Free

Wednesdays

Chair Based Exercises
12.15pm - 12.45pm | Free

Knit, Stitch and Natter
1.00pm - 3.00pm | £2

Zoom Class: Strength and Balance
3.30pm - 4.00pm | Free

Thursdays

Mat Pilates
12.30pm - 1.15pm | £3

Chair Pilates
1.30pm - 2.15pm | £3

Total Body Conditioning
2.30pm - 3.15pm | £3

Fridays

Chair/Standing Exercise Class (Full)
11.00am - 12.00pm | £3

Social Fridays Group
1.00pm - 3.00pm | Free



For more information, please call
The Round House reception team
on: **01670 784 800**

What's On in the Community

Alnwick Area

Monday - Exercise to Music
Longframlington Memorial Hall
9.30am - 10.30am

Monday - General Exercises
Longframlington Memorial Hall
11.00am - 12.00pm

Monday - Chair and Standing
Costello Centre, Alnwick
11.00am - 12.00pm

Tuesday - Exercise to Music
Shilbottle Village Hall
9.30am - 10.30am

Wednesday - Chair Based Exercises
Thropton Memorial Hall
10.00am - 11.00am

Wednesday - Chair Based Exercises
Longhoughton Community Centre
11.30am - 12.30pm

Thursday - Exercise Class
Felton Village Hall
10.00am - 11.00am

Friday - Sitting & Standing Exercise Class
Rothbury Jubilee Hall
10.00am - 11.00am

Ashington Area

Tuesday - Dancemix Gold
Ashington YMCA
9.45am - 10.45am

Wednesday - Gardening Group
Woodhorn Museum
10.00am - 12.00pm

Morpeth Area

Monday - Exercise to Music
St George's Church Hall, Morpeth
10.30am - 11.30am

Monday - Exercise to Music
Longhorsley Village Hall
9.15am - 10.15am

Monday - Chair Based Exercises
Netherton Village Hall
10.00am - 11.00am

Wednesday - Exercise to Music
Whalton Village Hall
9.30am - 10.30am

Thursday - Sitting and Standing
Hepple Village Hall
10.00am - 11.00am

Friday - Gentle Exercise to Music Class
Hepscott Village Hall
10.30am - 11.30am

Friday - Social Group
Morpeth Library in Royal Sovereign House
10.00am - 12.00pm

