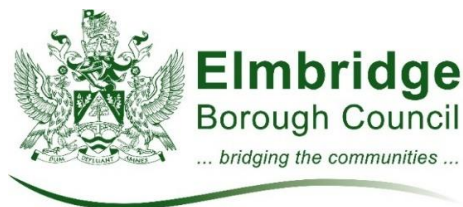


Community Support Services: Centres for the Community Exercise with Us



Please note that due to the current COVID-19 outbreak, all exercise classes at our Centres are currently suspended. The following tables are for illustrative purposes only and represent services when our Centres are fully operational.

We are committed to a phased reopening of our Centre services and will update this document as and when new information becomes available.

Suitable for all levels of mobility

Exercise Class	Locations	Day/Time
Boccia	Claygate	Wednesdays/1.30-2.30pm
Cardio Rehab Class – all abilities	Cobham	Mondays/1-1.45pm
Chair based exercise	Claygate Cobham Hersham Molesey Weybridge	Mondays/10-10.45am Wednesdays/11-11.45am Wednesdays/11am-12noon Mondays/11-11.45am Mondays/11am
Gym Class - all abilities – with instructor	Cobham Hersham Walton	Wednesdays/10-11am and Fridays/2-4pm Fridays/2-4pm Wednesdays/11.45am-12.45pm
Limited mobility exercise class	Walton	Mondays/10-11am and Thursdays 10.45-11.45am
Parkinson's exercise group	Claygate	Mondays/11-11.45am
Senior Moves Light	Molesey	Tuesdays/11.30am-12.30pm
Stroke Rehab class	Claygate Cobham	Fridays/10.45-11.45am Mondays/10.30-11.30am and Fridays/11.30am-12.30pm
Tai Chi (participants must be able to stand unaided)	Molesey	Tuesdays/2.30-3.30pm
Tai Chi and Chi Gong (participants must be able to stand unaided)	Walton	Fridays/2.30-3.30pm

Suitable for those with reasonable mobility

Exercise Class	Locations	Day/Time
Ballroom Dancing	Hersham	Thursdays/2.15-4.15pm
Keep fit for the active retired	Molesey	Fridays/9.45am-12noon
Keep fit for the over 50s	Claygate	Saturdays/10.15-11.30am
Line Dancing	Weybridge	Fridays/10.30-11.30am
Pilates	Walton	Wednesdays/3-3.45pm and Thursdays/3-3.45pm
Table Tennis	Claygate	Wednesdays/9.30-11.30am
Yoga	Weybridge	Thursdays/2-3.30pm
Zumba Gold Dance	Hersham Walton	Tuesdays/2.15-3.15pm Thursdays/1.30-2.30pm

For further information, including any fees and charges for classes, please contact the relevant Centre for the Community.

Please note that the majority of our exercise classes require membership to our Centres. Please contact your local Centre for membership rates and how to apply.

Claygate Centre

Elm Road, Claygate, KT10 0EN

Tel: 01372 463 476

Email: claygatecentre@elmbridge.gov.uk

Hersham Centre

Queens Road, Hersham, KT12 5LU

Tel: 01932 246 267

Email: hershamcentre@elmbridge.gov.uk

Thames Ditton Centre

Mercer Closer, Thames Ditton, KT7 0BS

Tel: 0208 398 5921

Email: thamesdittoncentre@elmbridge.gov.uk

Weybridge Centre

Churchfield Place, Weybridge, KT13 8DB

Tel: 01932 844 391

Email: weybridgecentre@elmbridge.gov.uk

Cobham Centre

Oakdene Road, Cobham, KT11 2LY

Tel: 01932 596 031

Email: cobhamcentre@elmbridge.gov.uk

Molesey Centre

Bishop Fox Way, East Molesey, KT8 2AS

Tel: 0208 979 5773

Email: moleseycentre@elmbridge.gov.uk

Walton Centre

Manor Road, Walton-on-Thames, KT12 2PB

Tel: 01932 247 549

Email: waltoncentre@elmbridge.gov.uk