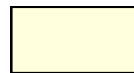


Exercise with us

Ballroom Dancing	Hersham
Boccia (seated indoor bowls)	Walton Claygate
Cardio Rehab Gym Class All abilities -	Cobham
Chair based exercises	All Centres
Croquet summer	Weybridge
Gentle exercise class	Weybridge
Gym Class and Circuits (all abilities with instructor)	Walton Cobham
Keep fit for the active retired	Molesey
Keep fit for the over 50s	Claygate
Limited mobility exercise class	Walton
Line Dancing	Weybridge
Memory loss exercise group	Walton
Parkinson's exercise group	Claygate
Pilates	Walton
Relaxation and de stress class	Walton
Seated dance	Thames Ditton
Senior Moves Light	Molesey
Short mat bowling	Walton
Stroke Rehab exercise	Walton Cobham Claygate
Table tennis	Claygate
Tai Chi (must be able to stand alone)	Molesey Thames Ditton
Tai Chi and Chi Gong (must be able to stand alone)	Walton
Yoga	Weybridge
Zumba Gold Dance	Walton Cobham Hersham



Suitable for all levels of fitness and mobility



Suitable for those with reasonable mobility

For further information about each exercise class please contact the relevant Centre for the Community.

Cobham Centre
Oakdene Road,
Cobham, KT11 2LY
01932 596030
cobhamcentre@elmbridge.gov.uk

Claygate Centre
Elm Road,
Claygate, KT10 0EN
01372 463476
claygatecentre@elmbridge.gov.uk

Hersham Centre
Queens Road,
Hersham, KT12 5LU
01932 246267
hershamcentre@elmbridge.gov.uk

Molesey Centre
Bishop's Fox Way,
West Molesey, KT8 2RH
020 8979 5773
moleseycentre@elmbridge.gov.uk

Thames Ditton
Mercer Close,
Thames Ditton, KT7 0BS
020 8398 5921
thamesdittoncentre@elmbridge.gov.uk

Walton Centre
Manor Road,
Walton, KT12 2PB
01932 247549
waltoncentre@elmbridge.gov.uk

Weybridge Centre
Churchfield Place,
Weybridge KT13 8DB
01932 844391
weybridgecentre@elmbridge.gov.uk