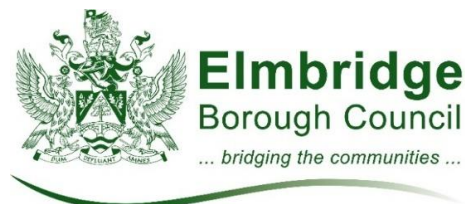


Community Support Services: Centres for the Community Exercise with Us



For full information on exercise classes, including any fees and charges, please contact the relevant Centre for the Community – details on page 2.

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.

Suitable for all levels of mobility

Exercise Class	Locations	Day/Time
Boccia	Claygate	Wednesdays/1-2pm
Chair based exercise	Claygate Hersham Molesey Walton Weybridge	Fridays/10.30-11.30am Fridays/10-11am Mondays/11-11.45am Mondays/10-11am and 11am-12noon Wednesdays/11-11.30am
Chair based Yoga	Claygate Cobham	Mondays/10.30-11.30am Mondays/11am-12 noon
Gym Class - all abilities – with instructor	Cobham Walton	Mondays/2.30-3.30pm Wednesdays/11.45am-12.45pm
Parkinson's exercise group	Claygate	Mondays from 10.30am
Seated Dance	Claygate Cobham	Mondays/10.30-11.30am Thursdays/10.30-11.30am
Senior Moves Light	Molesey	Tuesdays/10.30am-12.30pm Saturdays/9.30-10.30am
Strength and Balance class	Claygate	Tuesdays/3.15-4.15pm
Stroke Rehab class	Walton Weybridge	Mondays from 9.30am Mondays/10am-12 noon.
Tai Chi (participants must be able to stand unaided)	Hersham Molesey Walton	Tuesdays/3.15-4pm Tuesdays/3-4pm and 7-9pm Thursdays/9.30-11am Fridays/9.30-10.30am Fridays/10.45-11.45am Fridays/2.30-3.30pm

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Email: commsservices@elmbridge.gov.uk

Web: www.elmbridge.gov.uk/css/centres

Suitable for those with reasonable mobility

Exercise Class	Locations	Day/Time
Ballroom Dancing	Hersham	Thursdays/2-4pm
Dance Exercise	Claygate	Wednesdays/10.30-11.30am
Gym – available without instructor	Cobham	Mondays/10am-2pm Tuesdays/10am-3pm Wednesdays/10am-3pm Thursdays/1-3pm Fridays/10am-1pm
Line Dancing	Weybridge	Fridays/10-11.30am
Pilates	Walton	Tuesdays/3-3.45pm
Solo Latin Dance	Weybridge	Tuesdays/2.30-3.30pm
Table Tennis	Claygate	Tuesdays/2-3.30pm Wednesdays/10-11.30am
Wellbeing Walks	Claygate Cobham Walton	1 st Wednesday of the month/ 10.30am-12 noon. Tuesdays/10.30-11.15am Wenesdays/10.30-11.15am
Yoga	Cobham Molesey	11am-12 noon Mondays/6-7.30pm
Zumba Gold Dance	Hersham Walton	Tuesdays/1.30-2.30pm Thursdays/1.30-2.30pm

Centres for the Community – contact details

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

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