

Timetable of activities

Young At Heart



| | | | | | |
|-------------|----------------|-------------|------|-----------|-------|
| KEY: | Cardio & Dance | Mind & Body | Pool | Gym Floor | Other |
|-------------|----------------|-------------|------|-----------|-------|

| Monday | | Tuesday | | Thursday | | Saturday | |
|------------------|-------------------------|------------------|-----------------------------------|------------------|-----------------------------------|-----------------|-------------------------|
| 10.00 60mins | YAH Tennis | 11.00 45mins | Aqua EOR | 10.00 60mins | Gentle Exercise YAH | 10.00 60mins | YAH Gym* |
| 11.00 60mins | YAH Gym* | 12.30 60mins | YAH Gym | 11.00 60mins | YAH Swim | 11.30 90mins | YAH Table Tennis |
| 11.00 45mins | Aqua EOR | 16.00 60mins | EOR Strength & Stretch | 11.15 60mins | Gentle Exercise EOR | 15.00 60mins | YAH Swim |
| 15.00 45mins | Aqua | 17.00 60mins | Tai Chi | 16.00 60mins | EOR Strength & Stretch | | |
| 15.00 60mins | Short Matt Bowls | Wednesday | | 18.00 120mins | Ballroom Dancing | | |
| 18.00 120mins | Line Dancing | 11.00 45mins | EOR and AWM Aqua | Friday | | | |
| | | 14.00 60mins | YAH Gym | 10.00 60mins | YAH Gym* | | |
| | | 15.00 45mins | Aqua | 14.30 90mins | YAH Table Tennis | | |



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*Unsupervised sessions



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