

# West Glebe Pavilion

## Activity Programme

Monday

Singing for the Brain 2-3.30pm  
Kickboxing 6.30-7.30pm (all ages) and 7.30-8.30pm (ladies)

Tuesday

Chair Exercise (all ages and abilities) 10.30-11.15am  
Exercise to Music 11.30am-12.30pm  
Walking Football 11am-12.30pm  
Unison Retired Members 2-4pm (every 3<sup>rd</sup> Tuesday of month)  
Northants Adult Carers 1-3pm (every 4th Tuesday of month)  
Gateway 7-9pm

Wednesday

Peer support Group 10am-12pm  
Steady Steps 1.30-2.15pm  
Walking For Health 1.30-2.30pm  
Shape Dance (4 years to 16 years) 6-8pm

Thursday

Tai Chi 10.30-11.30am  
Yoga 1.30-3pm  
Slimming World 5-9pm

Friday

Slimming World 9am-1pm  
Exercise to Music 1.30-2.30pm

Saturday

Park Run (all ages) 8.30-11am  
Park Lives 10-11am

Sunday

Harmony Dogs 10.30-11.30

Available for children's parties and functions

West Glebe Pavilion  
100 Cottingham Road  
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