



Day and Time	Class Type and Instructor	Cost	Venue and Cost	How to attend	More information
<b>Monday</b> <b>10.45-11.30</b>	<b>Active Balance</b>		Leisure @ Cheltenham, Tommy Taylors Lane, GL50 4RN	Contact reception 01242 528764	
<b>Tuesday</b> <b>10.30am</b>	<b>Active Balance</b> Trish Tenn		St Margarets Hall, Coniston Road, Hatherley, GL51 3NX	Contact Trish on 07956 466617	
<b>Tuesday</b> <b>11.00-12.00</b>	<b>Active Balance</b> Dan McShee		St Lukes Church Hall, Saint Lukes Place, GL53 7HP	Contact Dan on 07760 175132	
<b>Tuesday</b> <b>12.15-1.15</b>	<b>Active Balance</b> Trish Tenn	£4.50	St Phillip and St James Church Centre, Cold Pool Lane, Hatherley, GL51 6HX	Contact Trish on 07956 466617	
<b>Tuesday</b> <b>1.00-1.45</b>	<b>Active Balance</b>		Leisure @ Cheltenham, Tommy Taylors Lane, GL50 4RN	Contact reception 01242 528764	
<b>Tuesday</b> <b>1.30-2.30</b>	<b>Active Balance</b> Trish Tenn	£4.50	St Phillip and St James Church Centre, Cold Pool Lane, Hatherley, GL51 6HX	Contact Trish on 07956 466617	
<b>Tuesday</b> <b>2.30pm</b>	<b>Active Balance</b> Jo-Anne Hale		St Marys Parish Centre, Horsefair Street, Charlton Kings, GL53 8JJ	Contact Jo-Anne on 07817851214	
<b>Tuesday</b> <b>2.30-3.30</b>	<b>Active Balance</b> Patrick Ansley		Christchurch Hall, Malvern Road, GL50 2JH	Contact Patrick on 07806 828075	

Day and Time	Class Type and Instructor	Cost	Venue and Cost	How to attend	More information
<b>Wednesday</b> <b>10.30am</b>	<b>Active Balance</b> Jo-Anne Hale		Oasis Community Centre, Cassin Drive, Hesters Way	Contact Jo-Anne on 07817851214	
<b>Wednesday</b> <b>12.00pm</b>	<b>Active Strength and Balance (advanced level)</b> Antonia Vassiloudi	£5	Churchdown Community Centre, Parton Road, Churchdown, GL3 2JH	Contact Antonia on 07803 345 702	antoniavassiloudi@hotmail.com
<b>Thursday</b> <b>11.00-12.00</b>	<b>Active Balance</b> Dan McShee		St Lukes Church Hall, Saint Lukes Place, GL53 7HP	Contact Dan on 07760 175132	
<b>Thursday</b> <b>11.15am</b>	<b>Active Strength and Balance</b> Antonia Vassiloudi	£4.50	Churchdown Community Centre, Parton Road, Churchdown, GL3 2JH	Contact Antonia on 07803 345 702	antoniavassiloudi@hotmail.com
<b>Thursday</b> <b>12.00-1.00</b>	<b>Active Balance</b>		Leisure @ Cheltenham, Tommy Taylors Lane, GL50 4RN	Contact reception 01242 528764	
<b>Thursday</b> <b>12.15pm</b>	<b>Tai Chi for Falls Prevention</b> Antonia Vassiloudi	£5	Churchdown Community Centre, Parton Road, Churchdown, GL3 2JH	Contact Antonia on 07803 345 702	
<b>Thursday</b> <b>1.00-2.00</b>	<b>Active Balance</b> Trish Tenn	£4.50	Highbury Church, Oxford Road, GL52 3DT	Contact Trish on 07956 466617	Full class - call ahead first
<b>Thursday</b> <b>2-3.30</b>	<b>Active Balance</b> Patrick Ansley		The Cornerstone Centre, 1 Severn Road, GL52 2JH	Contact Patrick on 07806 828075	
<b>Friday</b> <b>10.00-11.00</b>	<b>Active Balance</b> Patrick Ansley		Oakley Community Resource Centre, Cylde Crescent, GL52 5QJ	Contact Patrick on 07806 828075	