



Day and time	Class type and instructor	Cost	Venue	How to attend	More information
Monday 10.30am	Active Balance	£3	Wollaston Village Hall, Netherend Crescent, Wollaston, Lydney, GL15 6NW	Contact the co-ordinator on 01594 812399	Some classes may require a referral, please contact the co-ordinator
Monday 10.30am	Active Balance	£3	Goode Court, Lydney, GL15 5JP	Contact the co-ordinator on 01594 812399	Some classes may require a referral, please contact the co-ordinator
Monday 11.30am	Falls Prevention	£3	Drybrook Memorial Hall, Drybrook Road, Drybrook	Contact the co-ordinator on 01594 812399	Some classes may require a referral, please contact the co-ordinator
Monday 1.15pm	Active Balance	£3	Yorkley Community Centre, 2 Bailey Hill, Yorkley, Lydney, GL15 4RS	Contact the co-ordinator on 01594 812399	Some classes may require a referral, please contact the co-ordinator
Monday 1.15pm	Falls Prevention (beginners)	£3	Corse and Staunton Village Hall, Gloucester Road, Corse, GL19 3RQ	Contact the co-ordinator on 01594 812399	Referral only
Monday 2.30pm	Falls Prevention (advanced)	£3	Corse and Staunton Village Hall, Gloucester Road, Corse, GL19 3RQ	Contact the co-ordinator on 01594 812399	Referral only
Tuesday 10.45am	Falls Prevention	£3	Horsepool, Berry Hill, Coleford, GL16 7BD	Contact the co-ordinator on 01594 812399	Some classes may require a referral, please contact the co-ordinator
Tuesday 12.30pm	Tai Chi	£3	St Margaret Mary's, 4 High Nash, Coleford, GL16 8HN	Contact the co-ordinator on 01594 812399	Some classes may require a referral, please contact the co-ordinator