



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



Day and time	Class type and instructor	Cost	Venue	How to attend	More information
<b>Wednesday 10am</b>	<b>Falls Prevention</b>	£3	Hartpury Village Hall, Hartpury, GL19 3BE	Contact the co-ordinator on 01594 812399	Some classes may require a referral
<b>Wednesday 10.30am</b>	<b>Active Balance</b>	£3	Coalway Methodist Church, Coalway, Coleford	Contact the co-ordinator on 01594 812399	Some classes may require a referral
<b>Wednesday 2.00pm</b>	<b>Falls Prevention</b>	£3	Ryelands Centre, Bream, Lydney, GL15 6LD	Contact the co-ordinator on 01594 812399	Some classes may require a referral
<b>Thursday 10.30am</b>	<b>Active Balance</b>	£3	Latchen Rooms, Longhope, GL17 0PA	Contact the co-ordinator on 01594 812399	Some classes may require a referral
<b>Thursday 2.00pm</b>	<b>Falls Prevention</b>	£3	Rowendean Court, Cinderford, GL14 2XQ	Contact the co-ordinator on 01594 812399	Some classes may require a referral
<b>Friday 11.15am</b>	<b>Gentle Tai Chi</b>	£0	Corse and Staunton Village Hall, Gloucester Road, Corse, GL19 3RQ	Contact the co-ordinator on 01594 812399	Some classes may require a referral
<b>Friday 1.00pm</b>	<b>Active Balance</b>	£3	Blakeney Village Hall, Butts Lane, The Smithy, Blakeney, GL15 4DW	Contact the co-ordinator on 01594 812399	Some classes may require a referral
<b>Friday 1.00pm</b>	<b>Falls Prevention</b>	£3	Newent Memorial Hall, 209 Bury Bar Lane, Newent, GL18 1PT	Contact the co-ordinator on 01594 812399	Some classes may require a referral
<b>Friday 2.00pm</b>	<b>Active Balance</b>	£3	Newent Memorial Hall, 209 Bury Bar Lane, Newent, GL18 1PT	Contact the co-ordinator on 01594 812399	Some classes may require a referral