

AGEING WELL IN EAST LOTHIAN ACTIVITY LIST

ACTIVITY	DAY	TIME	VENUE/PLATFORM	PRICE	TO BOOK YOUR PLACE PLEASE CALL
Chair Based Exercise	Monday	14.30-15.00	ZOOM	FREE	BOOKING REQUIRED Tracey Young 07368 592746 tracey.young72@outlook.com
	Thursday (Class starting 1 st April 2021)	11:00-11:45	ZOOM	FREE	
Gentle Exercise for Seniors	Wednesday	14.00-15.00	ZOOM	FREE	BOOKING REQUIRED Ramon Llano 07949 899609 ramon_llano@yahoo.co.uk
Seated Pilates	Thursday	10.00-10.40	ZOOM	£2.00	BOOKING REQUIRED Tine Breusch 01620 892620 or 07981 961034 tine.breusch@gmail.com
The Warblers, singing for lung health	Monday	15.00-16.30	YouTube (this session stays up there so can be used at a later date)	FREE	BOOKING REQUIRED Jane Lewis 07519 582130 Jane@gn.apc.org Website: https://www.warblers.org.uk/
	Tuesday	15.00-16.30	ZOOM		
Zumba Gold Classes	Monday	10.00-10.40	ZOOM	Zoom classes are by monthly subscription of £15	BOOKING REQUIRED Ruth Pepper 07785 707683 figaroro@yahoo.co.uk Website: rhunterpepper.zumba.com
	Tuesday	10.00-10.40 17.30-18.10	ZOOM ZOOM		
	Wednesday	10.00-10.40	ZOOM		
	Thursday	10.00-10.40	ZOOM		

Spine Opening Pilates	Wednesday	9.30-10.30 10.45-11.45	ZOOM ZOOM	£4.00 (Classes to be paid in blocks. If this is not affordable, Maureen will allow you to pay per class)	BOOKING REQUIRED Maureen Evans 07799 123635 maureen@completemovement.co.uk
Gentle Yoga For Everyone – Seated Yoga	Thursday	15.15-16.00	ZOOM	Book 10 classes for £30.00, plus freebies	BOOKING REQUIRED Sue Northrop 07727 883881 suemnorthrop@gmail.com
Gentle Yoga For Everyone	Monday	16.30-17.30	ZOOM	Book 10 classes for £30.00, plus freebies **currently full	BOOKING REQUIRED Sue Northrop 07727 883881 suemnorthrop@gmail.com
Yoga Present - Meditation	Wednesday	12.00-12.30	ZOOM	FREE for those who attend other classes	BOOKING REQUIRED Sue Northrop 07727 883881 suemnorthrop@gmail.com
Early Evening Yoga	Thursday	16.30-17.30	ZOOM	Book 10 classes for £30.00, plus freebies	BOOKING REQUIRED Sue Northrop 07727 883881 suemnorthrop@gmail.com
Senior Mo(ve)ments (simple dance exercise)	Wednesday	9.45-10.45	ZOOM	£12.00 per calendar month	BOOKING REQUIRED Andrea Mannion 07711 761165 andrea.mannion@btinternet.com Website: www.seniormomentsdance.co.uk
Mindfulness for better health	Wednesday	13.00-14.00	ZOOM	FREE 6 week block	BOOKING REQUIRED Joyce Lukkes 07910 962324 joycemindfulness@gmail.com

Tai Chi & Wellbeing Class	Thursday	11.00-11.50	ZOOM	FREE 6 week block	BOOKING REQUIRED Christine Dodson 07769 835623 cadodson@btinternet.com
Chair Yoga	Wednesday	10.00-10.45	ZOOM	£4.00	BOOKING REQUIRED Angela Edwards 07947 436412 angela_edwards_holly@yahoo.co.uk
Slow Mindful Yoga	Monday	18.30-19.30	ZOOM	First class FREE, £4.00 thereafter or £40.00 for block of ten	BOOKING REQUIRED Nicola Bourke 07766 174462 nicola_bourke@hotmail.com

For further information on any activities contact Parvine Jazayeri, Ageing Well Coordinator on pjazayeri@eastlothian.gov.uk or 07718 117585. To like us on Facebook please [click here](#) or follow us on Twitter please [click here](#)