

Move More with North Worcestershire ageUK



With our range of classes, why not **'Join Us'** and together we can get **'Moving More'**!



Move More & Keep Fit Classes

Mondays

- 10am – Move More (Hartlebury Parish Hall, DY11 7TQ)
- 11am - Gentle Keep Fit (Willow Trees, Redditch, B98 9JL)
- 1.45pm - Move More (Cofton Hackett Village Hall, B45 8PD)

Wednesdays

- 11am - Move More (Christ Church, Redditch, B98 0EP)
- 1pm - Move More (Alvechurch Baptist Church Hall, B48 7LG)
- 2.30pm - Gentle Keep Fit (Webheath, Redditch, B97 5SQ)

Thursdays

- 11am - Move More (Willow Trees, Redditch, B98 9JL)
- 12.45pm - Move More (Romsley Scout Centre, B62 0PG)
- 2.30pm - Move More (Chaddesley Corbett Village Hall, DY10 4QA)

Fridays

- 11am - Move More (NewSong, Bromsgrove, B61 8LW)

Tai Chi Classes

Mondays

- 11am - Catshill Village Hall (Catshill B61 0JZ)

Thursdays

- 1pm - Ecumenical Centre (Redditch B97 4EX)