

Club	Meets	Contact
Leisure Club	Monthly on the 2nd and 4th Mondays 2.30 – 4.00pm	Gwenllian Bowden Chairperson 01568-797868
Gardening Club	Monthly on the 1st Tuesday 7.30pm	David Griffiths 01568-797427
Flicks in the Sticks	Sept – April 2nd Friday 7.30pm	Ann Hartfield and June Stephens 01568-797932

Weekly	Activity	Contact
Mondays	Tai Chi 10.00 - 11.30am (TT) Body Fat Shred 6.30 – 7.30pm	Julian Kemp 01568-614468 Emma Caldwell 01568-797453 07971-009691 eicaldwell@hotmail.co.uk
Tuesdays	Pilates 6.00 – 7.00pm	Emma Caldwell (as above)
Wednesdays	Tai Chi 10.00 -11.30am (TT) Yoga 9.30 – 10.45am Yoga 6.00 - 7.30pm (TT) Badminton 8.00pm	Julian Kemp 01568-614468 Sara Williams Fiona Hawkins 01694-720294 Rob Parker 01568-797091
Thursdays	Table Tennis 6.30 – 8.30pm	Sue Williams 01568-797716
Fridays	Over 50s Exercise 9.00 -10.00am Pilates 10.30-11.30am	Miranda Davies 01432-830675 Emma Caldwell (as above)

TT - Term Time only