

Wellbeing Sessions

Led by qualified instructors these chair-based sessions are perfect for gently rebuilding your strength, suppleness, skill and stamina and more importantly, provide an opportunity to reconnect and socialise with others

Call or email Kate to book or for more info
kate.wiggins@getberkshireactive.org
07706357801



Reading

Tuesdays 11.30 at Wesley Methodist Church,
Queens Road, Chair based exercise with Kate
(£1 charge)

Tuesday 14.15 at Cornerstones, Tilehurst,
Chair based Exercise with Juliet

**Wednesday 12.30pm at All Nations Christian
Church , Berkeley Ave,**
Chair Based Exercise with Kate

Thursdays 10.00 at Chimney Court,
Shilling Close,

Chair based Exercise with Kate

Thursdays 11.00 Milestone Centre,
Cav Park Village, Chair based Exercise with Kate

West Berkshire

Tuesdays 10.15 at York House, Calcot
chair based exercise with Kate

Tuesday 11.15 at Fairclose Centre, Newbury,
Chair based Exercise with Hayley (£1 charge)

**Wednesday 14.00 at Frank Hutchings Hall.
Thatcham**

Chair Based Exercise with Kate

Wednesday 15.30 at Theale Library
Chair based Exercise with Kate

Fridays 11.00 The Dorman Room, Pangbourne
Chair based Yoga with Sami (£2 charge)

Virtual Sessions

Wednesdays at 10.30am,

Gentle Chair based exercise with Debbie and Mandy from MoveAbility

