

# The Well-Being Hub Washington August Timetable



Our free programmes must be booked in advance and some programmes have waiting lists. For more information or to book onto a programme, please call our office on 0191 516 6083. Payable sessions are pay as you go and there is no need to book.

## Monday

(All classes in hub, except Clubbercise)

### 10am ESCAPE-pain Knees & Hips (6 weeks)

14th July - 20th August

Programme starts 14th July. 12 sessions over 6 weeks, attending twice a week. One session Monday, one Wednesday.

### 11.30am ESCAPE-pain Backs (6 weeks)

14th July - 20th August

Programme starts 14th July. 12 sessions over 6 weeks, attending twice a week. One session Monday, one Wednesday.

### 3.30pm Active Neurotrain (12 weeks)

14th April - 21st July

28th July - 20th October

Next programme starts 28th July. Must be booked in advance. Programme adjusted for bank holidays. No session 25th August.

### 5pm ESCAPE-pain Knees & Hips (12 weeks)

7th April - 14th July Programme ends 14th July.

### 5pm Weight Management (12 weeks)

21st July - 13th October

Programme adjusted for bank holidays. No session 25th August.

## Tuesday

(All classes in hub, except Barbell & Beats)

### 1pm Mission 2 Mobility (12 weeks)

1st July - 16th September

Free 12-week taster programme, new participants only. Must be booked in advance.

### 5.45pm Barbell & Beats £4pp\*

## Wednesday

(All classes in hub)

### 10am ESCAPE-pain Knees & Hips (6 weeks)

16th July - 20th August

Programme starts 14th July. 12 sessions over 6 weeks, attending twice a week. One session Monday, one Wednesday.

### 11.30am ESCAPE-pain Backs (6 weeks)

16th July - 20th August

Programme starts 14th July. 12 sessions over 6 weeks, attending twice a week. One session Monday, one Wednesday.

### 1pm Mission 2 Mobility £4pp\*

## Thursday

(All classes in hub)

### 10am Mission 2 Mobility £4pp\*

### 11am Relaxed Session/Community Drop-In

Come and join us for a relaxed session created for people with autism, learning difficulties, cognitive impairments or other sensory and communication needs who would benefit from a more relaxed environment. Everyone is welcome.

### 1pm Weight Management (12 weeks)

3rd July - 18th September

## Friday

(Pilates in hall, except for once a month when they are in the hub. Yoga in hub.)

### 9.30am Pilates Flow £4pp\*

### 10.30am Seated Pilates & Stretch £4pp\*

### 1pm Seated Yoga (6 Weeks)

6th June - 11th July • 18th July - 22nd August

(No class Friday 1st August)

Free 6-week taster programme, new participants only. Must be booked in advance.

**Class information:** Our free programmes must be booked in advance and some programmes have waiting lists. For more information or to book onto a programme please call our office on 0191 516 6083. Due to increased transaction charges, where possible we now prefer cash payments in classes. \*There will be a small charge of £4 for these classes. Free classes are funded sessions. If you are unable to pay please don't worry, give us a call and we can book you on.