

Addendum to

Healthy Activities

for all ages

January 2019

DDA-DIVAS & DUDES Dance Academy

Classes on Wednesdays at St.Michael's Church Hall

Tiny Toes Tap & Ballet for age 3 upwards.

ISTD Tap & Ballet, Street Dance age 4+

Website: - www.ddacademy.co.uk Phone:- 07711 087427

Email:- steph@ddacademy.co.uk

Sonning Common Health Walks

The 'Health Walks' project was set up by Dr William Bird, a GP in the village of Sonning Common in Oxfordshire. The aim of the project is to improve people's fitness both in body and mind, by encouraging them to use their local countryside for walking.

For more information contact: Chris on 0118 924 2515

or Email : chris.brook@sonningcommonhealthwalks.co.uk

or Website: www.sonningcommonhealthwalks.co.uk

Generation Games AGE UK Oxfordshire's physical activity service.

For up to date activities visit Website: www.generationgames.org.uk

Phone 01235 848403

Gentle Yoga

Held on Thursdays 10-11am at Christ the King Church Hall, Sedgewell Road. Website: www.serenyoga.com or Email: info@serenyoga.com.

South Oxfordshire Go Active Gold

For up to date activities use this link:- www.getoxfordshireactive.org

Phone:- 01235 422226

Line Dancing

Kidmore End Memorial Hall, opposite .Maiden Erlegh Chiltern Edge
Thursdays 10 – 11 a.m. For beginners and improvers, all ages.

Contact Diane 07704588072 or Email: moore123456@btinternet.com

Low impact Keep Fit to Music for over 50s

Mondays 10-11 a.m. at Christ the King Hall, Sedgewell Road

All abilities welcome

Contact Jo Cassells on 07776376497 or Email: jo.cassells@live.co.uk

Strength & Balance Generation Games Class

When:- Tuesdays 2.15 – 3.15 pm

Fridays 1.30 – 2.30 pm

At Sonning Common Village Hall, Sonning Common. Cost:- £4.00 first session free. Please call to book your place on 01235 849403.

Tai Chi

Mondays 11am -12pm at The Pavilion, Kidmore End Cricket Club, The Hamlet

Tuesdays 9.30 -10.30am at Kidmore End War Memorial Hall, Reades Lane

Thursdays 11.30-12.30 pm at Christ the King Hall, Sedgewell Road

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Website: <http://www.debbiepage.org>