

| <u>Venue</u>  | <u>Class</u>   | <u>Website or contact details</u>   |
|---|--|---|
| Albury VH   | Move it or Lose it! Balance, mobility, strength coordination gentle exercise. Mondays 11am       | mail@pwebb.plus.com   |
| Allens Green VH                                       | Table Tennis   | Details to be confirmed   |
| Anstey VH   | Table Tennis, Pilates, Exercise to Music, Yoga   | <a href="http://www.ansteyvillage.co.uk/hall/">http://www.ansteyvillage.co.uk/hall/</a>   |
| Aston VH  | Yoga, table tennis and line dancing - open to all  | <a href="https://www.astonvillagehallherts.org.uk/bookings/">https://www.astonvillagehallherts.org.uk/bookings/</a>   |
| Benington VH  | Chair based exercise and yoga/pilates  | Mondays from 2.30 to 3.30 Cost £3 a session   |
| Benington VH  | Yoga/pilates   | Wednesdays 10am to 11am. Cost £5 a session.   |
| Bishop's Park Community Centre                        | Gentle exercise, strength & balance to promote falls prevention. For adults 65 yrs old and over. | <a href="mailto:adrianapotts1@gmail.com">adrianapotts1@gmail.com</a>  |
| Bishop's Stortford Rugby Club                         | Zumba Gold   | <a href="https://adriana1.zumba.com">https://adriana1.zumba.com</a>   |
| St Michaels Mead Community Centre, Bishop's Stortford | Tai Chi  | <a href="http://www.tranquil-retreats.com/Classes.htm">http://www.tranquil-retreats.com/Classes.htm</a>   |
| St Michaels Mead Community Centre, Bishop's Stortford | Gentle Zumba Gold  | <a href="https://adriana1.zumba.com">https://adriana1.zumba.com</a>   |
| Birchwood High School Bishop's Stortford              | Stortford Strollers Walking Basketball   | <a href="https://www.stortfordstrollers.com/">https://www.stortfordstrollers.com/</a> and <a href="https://m.facebook.com/BishopsStortfordWalkingBasketball/">https://m.facebook.com/BishopsStortfordWalkingBasketball/</a>   |
| Bishop's Stortford High School Wednesdays 6pm to 7pm  | table tennis   | Brian bpurton43@virginmedia.com   |
| Bramfield VH  | Exercise to Music/Love to Dance  | <a href="https://bramfieldvillagehall.wordpress.com/">https://bramfieldvillagehall.wordpress.com/</a>   |
| Braughing Comm Centre                                 | Seated Yoga  | <a href="https://www.facebook.com/annieknapmanyoga/?fref=ts">https://www.facebook.com/annieknapmanyoga/?fref=ts</a>   |
| Buntingford Seth Ward Community Centre                | Tai chi, Nordic walking  | <a href="http://buntingfordcommunitycentre.org/classes/">http://buntingfordcommunitycentre.org/classes/</a>   |
| Buntingford TC  | Walking Football   | <a href="https://en-gb.facebook.com/BuntingfordWalkingFootball/">https://en-gb.facebook.com/BuntingfordWalkingFootball/</a>   |
| Furneux Pelham VH Fridays 11.30am to 1.30pm           | table tennis   | janet.birch@furneux.com   |
| Great Hormead   | Zumba for all ages   | <a href="http://hormeadvillagehall.co.uk/zumba/">http://hormeadvillagehall.co.uk/zumba/</a>   |
| Hertford Heath  | Tai chi  | <a href="http://www.kimtaichi.co.uk">www.kimtaichi.co.uk</a>  |
| High Wych Memorial Hall                               | Table Tennis   | <a href="https://www.highwychmemorialhall.com">https://www.highwychmemorialhall.com</a>   |
| Leaside church, Ware                                  | Gentle Exercise to Music   | <a href="http://www.leasidechurch.org.uk/calendar.html">http://www.leasidechurch.org.uk/calendar.html</a>   |
| Leaside church, Ware Fridays 11.30am to 1pm           | Chair based exercise   | Pauline Kennedy: 07932 713778 <a href="mailto:kennedypauline@hotmail.com">kennedypauline@hotmail.com</a>  |
| Much Hadham Village Hall                              | Table Tennis   | <a href="https://muchhadhamttc.wixsite.com/website">https://muchhadhamttc.wixsite.com/website</a>   |
| Puckeridge Community Centre Tuesdays 11am - 12.30pm   | Chair based exercise   | Pauline Kennedy: 07932 713778 <a href="mailto:kennedypauline@hotmail.com">kennedypauline@hotmail.com</a>  |
| Pioneer Hall, Hertford                                | Tai Chi  | Details to be confirmed   |
| Sawbridgeworth MH                                     | Tai Chi  | <a href="http://www.tranquil-retreats.com/Classes.htm">http://www.tranquil-retreats.com/Classes.htm</a>   |
| Sawbridgeworth MH                                     | Table Tennis, Pilates, Exercise to Music, Short Mat bowls, Tai chi                               | <a href="http://www.smht.org.uk/daytime-leisure-activities/4586935142">http://www.smht.org.uk/daytime-leisure-activities/4586935142</a>   |
| Hartham Leisure Centre                                | Walking Football   | <a href="https://www.walkingfootball.com/calendar/event/1018-hartham-leisure-centre/">https://www.walkingfootball.com/calendar/event/1018-hartham-leisure-centre/</a>   |
| St Andrews Church Hall, Hertford                      | Table Tennis   | <a href="https://www.hertfordstandrews.co.uk/Groups/280097/Hertford_St_Andrews/Groups/Social_Groups/Table_Tennis_for/Table_Tennis_for.aspx">https://www.hertfordstandrews.co.uk/Groups/280097/Hertford_St_Andrews/Groups/Social_Groups/Table_Tennis_for/Table_Tennis_for.aspx</a> |
| Stanstead Abbots VH                                   | Table Tennis   | <a href="https://saphttc.wixsite.com/website">https://saphttc.wixsite.com/website</a>   |
| Walkern & Sandon UR Church                            | Chair based yoga   | Details to be confirmed   |
| Nigel Poulton Community Hall, Watton at Stone         | Table Tennis, yoga, tai chi, indoor bowls, archery   | <a href="https://watton-pc.org.uk/active-east-herts/">https://watton-pc.org.uk/active-east-herts/</a>   |
| Wodson Park Sports Centre                             | Tai chi, pilates, pickleball, zumba, walking football, walking netball                           | <a href="http://www.wodsonpark.com/active-seniors.html">http://www.wodsonpark.com/active-seniors.html</a>   |
| Various venues  | Love to Dance (Over 50s)   | <a href="https://www.saracenssportfoundation.org/our-programmes/over-50s/dance/">https://www.saracenssportfoundation.org/our-programmes/over-50s/dance/</a>   |