

CLASSES AND CLUBS HELD IN WELLS TOWN HALL

WEEKLY CLASSES:

Monday

- 10:00-11:30 Yoga with Julia Cowlshaw – Parkes Room – Contact 07816 202114
- 13:00-14:00 Mixed Ability Yoga with Berit Lindholm – Parkes Room – Contact 07973 900273
- 15:00-20:00 Ballet with Zoe Burton – Old Court Room – Contact 01749 670818 or 07727 672596
- 15:00-19:30 Tap and Dance with Sandra Davey – Indictment Room – Contact 08454 744700
- 18:00-20:30 Power Yoga with Paul Benedict – Parkes Room – Contact 07866 265828
- 19:30-20:30 Dance Classes with Paul Parsons – Main Hall – Contact 01963 350687 or 07805 571590
- 20:30-21:30 Basic Ballroom Dancing with Paul Parsons – Main Hall – Contact 01963 350687 or 07805 571590

Tuesday

- 09:00-13:00 Music with Mummy with Sue Glendinning (0-4yrs) - Council Chamber – Contact 01761 232565
- 09:45-10:45 Seasonal Yoga with Anna Sheard - Indictment Room - Contact 07714 267546
- 10:00-11:00 Age UK Keep Fit with Di Ramsey – Main Hall – Contact 08456 434702
- 11:00-12:30 Yoga for Mummy & Me with Anna Sheard, Indictment Room - Contact 07714 267546
- 12:00-13:00 Beginners Yoga with Berit Lindholm – Parkes Room – Contact 07973 900273
- 13:00-14:00 Mixed Ability Yoga with Berit Lindholm – Parkes Room – Contact 07973 900273
- 15:00-20:00 Ballet with Zoe Burton – Old Court Room – Contact 01749 670818 or 07727 672596
- 15:00-19:30 Tap and Dance with Sandra Davey – Indictment Room – Contact 08454 744700
- 18:00-19:15 Seasonal Yoga with Anna Sheard – Council Chamber - Contact 07714 267546
- 18:30-20:00 Yoga with Maria Szabo – Parkes Room – Contact 07972 073576
- 19:30-20:45 Pregnancy Yoga with Anna Sheard, Council Chamber - Contact 07714 267546
- 20:00-21:00 Keep Fit with Julie Bollini - Indictment Room - Contact 01749 675177

Wednesday

- 09:00-12:30 Cardiac Rehabilitation – Main Hall – Contact Claire on 01749 836516 or 07786 915641
- 16:00-20:00 Tap and Dance with Sandra Davey– Main Hall - Contact 08454 744700
- 18:15-19:30 Pregnancy Yoga with Anna Sheard, Indictment Room - Contact 07714 267546
- 18:30-20:30 Yoga with Paul Benedict – Parkes Room – Contact 07866 265828
- 19:45-21:00 Seasonal Yoga with Anna Sheard, Indictment Room - Contact 07714 267546
- 20:00-21:00 Tap and Dance with Sandra Davey– Indictment Room- Contact 08454 744700

Thursday

- 09:00-10:00 Seasonal Yoga with Anna Sheard - Indictment Room - Contact 07714 267546
- 10:00-11:00 Pilates with Jo Webb – Indictment Room – Contact 07730 397396
- 10:15-11:45 Yoga for Mummy & Me with Anna Sheard, Indictment Room - Contact 07714 267546
- 09:00-13:00 Music with Mummy with Sue Glendinning (0-4yrs) - Council Chamber – Contact 01761 232565
- 16:00-20:00 Ballet with Zoe Burton – Old Court Room – Contact 01749 670818 or 07727 672596
- 16:00-21:00 Tap and Dance with Sandra Davey– Indictment Room - Contact 08454 744700
- 17:50-18:50 Mixed Ability Yoga with Berit Lindholm – Parkes Room – Contact 07973 900273
- 19:00-20:15 Intermediate Yoga with Berit Lindholm – Parkes Room – Contact 07973 900273

Friday

- 10:00-11:45 Hop Skip and Sing with Eliza Wylie (0-4yrs) – Old Court Room – Contact 01749 871086
- 11:00-11:55 Beginners Yoga with Berit Lindholm – Parkes Room – Contact 07973 900273
- 12:00-13:00 Mixed Ability with Berit Lindholm – Parkes Room – Contact 07973 900273
- 14:45-15.45 Tai Chi Shibashi with Age Well at Age UK Somerset – Parkes Room – Contact 01823 345626

Saturday

- 09:00-10:30 Yoga with Paul Benedict – Indictment Room – Contact 07866 265828

- NB**
- Rooms may vary due to availability.
 - Not all classes run during school holidays. Please check with the teacher.

PILATES AND KETTLERCISE WITH SALLY FRAMPTON

Tuesday (Old Court Room)

09:15 – 10:15 Pilates mat work (mixed abilities, beginners welcome)

Wednesday (Old Court Room)

18:00 – 19:00 Kettlercise

19:15 – 20:15 Pilates mat work (mixed abilities, beginners welcome)

Thursday (Old Court Room)

09:15 – 10:15 Pilates mat work (mixed abilities, beginners welcome)

10:30 – 11:30 Trigger Point Pilates

Friday (Parkes Room)

09:45 – 10:45 Pilates mat work (mixed abilities, beginners welcome)

11:00 – 12:00 Pilates (chair based for older adults)

Contact Sally on 07946 310877, email: zest2zen@gmail.com

BABY MASSAGE CLASSES WITH MARTHA

Date: Monday 29 April – 20 May

Date: Monday 10 June – 1 July

Location : Council Chamber, Wells Town Hall

4 week course: Mondays 10-11am

mb: 07903 313202 / email: ingoodhandswithmartha@gmail.com

website: www.ingoodhandswithmartha.com

MONTHLY CLUBS:

- 1st/3rd Monday 7.30-9pm Spiritual Inquiry with David James 07872 026368
- The second and fourth Monday of the month is Philatelic Club from 7:30-10:00pm
Contact Mr J Jeffery 01761 453258
- The second Tuesday of the month is Railway Fraternity 7:00-10:00pm
Contact Stan Weatherhead 01749 679662
- The second Thursday of the month is Gardening Club 7:30-10:00pm
Contact Wendy Williams 01749 344823 or mob 07887 674532
- The third Monday of the month is Post Card Club 7:00-9:30pm
Contact Peter James 01749 679662
- The last Monday of the month is Arthritis Care meeting 2:00-5:00pm
Contact Nancy Dodd 01749 672246
- Every 4th Thursday (Jan-June 2019) Buddhist Meditation Group with Sam May 07733 154419
- The last Thursday of the month Laughter Yoga Classes Contact Denise Rice 07742 831318
- The Third Saturday of the month is Richard the Third Society, Somerset Branch 1:30-4:30pm
Contact Helena Smith 01749 672471

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