

Exercise classes in mid Surrey

Venue	Address and contact details	Activities offered
Longmead Centre Epsom	The Longmead Centre Sefton Road Epsom Surrey, KT19 9HG Tel: 01372 720 563 Email: longmead@epsom-ewell.gov.uk	Line Dancing Stay young exercise classes. These run on Monday and Friday mornings; both are suited to all abilities. Stand up or sit down for the exercises.
Wells Centre Epsom	The Wells Centre Spa Drive Epsom Surrey, KT18 7LR Tel: 01372 724 614 Email: thewells@epsom-ewell.gov.uk	The club's weekly activities include Tai Chi, Short Mat Bowling, Line Dancing, Yoga and Keep Fit to Music. Some classes are free, and some incur a small charge
Banstead Centre Banstead	The Banstead Centre The Horseshoe Bolters Lane Banstead Surrey, SM7 2BQ Tel:01737 361 712 Email: colin.batty@reigate-banstead.gov.uk lisa.barwick@reigate-banstead.gov.uk	Annual Membership for those living within the Borough of Reigate and Banstead is £10.00 Membership is available for persons 50 years and over Tai Chi Line dancing: alternate weeks (£2.00 per session) Keep fit (£2.00 per session)
Cobham Community Centre	Cobham Community Centre Oakdene Road Cobham	Chair based exercise Cardio vascular exercise New exercise class for people following stroke, every

	Surrey KT11 2LY Tel: 01932 596 031 Email: cobhamcentre@elmbridge.gov.uk	Monday 10.30am-11.30am. The cost is £2 per session
Claygate Community Centre	Elm Road Claygate Surrey, KT10 0EH Tel: 01372 463 476	Parkinson's Group every Monday, 10am - 2.30pm Chair based exercise Keep fit for the over 50s Stroke Group every Friday, 10.30am-2pm
The Molesey Centre	Molesey Centre School Road East Molesey Surrey, KT8 0DN Tel: 020 8979 5773	Chair based exercise Healthy Walks
Thames Ditton Centre	Thames Ditton Centre for the Community Mercer Road, Thames Ditton Surrey, KT7 0BS Tel: 020 8398 5921 Email: thamesdittoncentre@elmbridge.gov.uk	Gentle chair based yoga Gentle Tai Chi www.taichiforlife.info
The Fairfield Centre	The Fairfield Centre Leret Way Leatherhead Surrey, KT22 8AH Email: fairfield.centre@molevalley.gov.uk	Membership for the Fairfield Centre runs to 31 st March each year and the individual annual fee is £10.50. A joint membership (available to husband and wife) costs £14.30 per year. A reduced rate of £5.50 applies to those in receipt of Pension Credit
The Dorking Christian Centre	The Dorking Christian Centre Lyons Court Dorking Surrey, RH4 1AB Tel: 01306 884 718	Members can attend for cooked lunches, hairdressing, chiropody and activities such as whist

<p>Leatherhead Hospital</p>	<p>Leatherhead Hospital Poplar Road Leatherhead Surrey, KT22 8SD</p>	<p>Parkinson's class: membership of Parkinson's UK is required in order to attend Run by CSH Surrey Physiotherapists www.cshsurrey.co.uk</p>
<p>Extend Exercises</p>	<p>Christina Courtney Tadworth Tel: 01737 812 534</p> <p>Sheila Donovan Bookham Tel: 01372 452 872</p>	<p>Exercise for the older person to challenge their fitness levels, from the very active to the not so active</p>