



Exercise Classes **Gloucester**

Monday

Course and Cost	Venue	Time	Contact
Falls Prevention Class £3	Manor Gardens, Barnwood Road, Gloucester, GL4 3JY	10am	Simon Grodentz 07742 270 718 http://www.gfitness.co.uk/
Seated Exercise £4	Hamlet Lodge, Heathville Road, Gloucester, GL1 3ET	1pm	Tanya Gennaio 07875168004 tanya@gfitness.co.uk

Tuesday

Course and Cost	Venue	Time	Contact
Falls Prevention Class £5	Methodist Church, 9 Carisbrooke Road, Hucclecote, Gloucester, GL3 3QR	9:50am – 10:50am	Matthew Harris 07795 465 982 http://www.gfitness.co.uk/
Fit For Life £4 <i>(£1 discount if you attend a second class in the same week)</i>	Longlevens Community Centre, Church Road, Longlevens	10am	Jon French 07503 876430 or see the Facebook page "Fit for Life Gloucester"
Falls Prevention £3	Redwell Centre, Redwell Road, Matson, Gloucester, GL54 6JG	12:15pm	Simon Grodentz 07742 270 718 http://www.gfitness.co.uk/
Fit For Life £4 <i>(£1 discount if you attend a second class in the same week)</i>	St Andrews Church Centre, Station road, Churchdown	1:30pm	Jon French 07503 876430 or see the Facebook page "Fit for Life Gloucester"

Wednesday

Course and Cost	Venue	Time	Contact
Falls Prevention Class £3	Communal Lounge, Oliver Close, Goddard Way, Tuffley, Gloucester, GL4 0HD	3:30pm	Simon Grodentz 07742 270 718 http://www.gfitness.co.uk/
Active Strength & Balance (advanced level) £5	Churchdown community centre, Parton Road, Churchdown, Gloucester GL3 2JH	12pm	Antonia Vassiloudi 07803 345 702 antoniavassiloudi@hotmail.com

Thursday

Course and Cost	Venue	Time	Contact
Active Strength & Balance £4.50	Churchdown Community Centre, Parton Road, Churchdown, Gloucester, GL3 2JH	11:15am	Antonia Vassiloudi 07803 345 702 antoniavassiloudi@hotmail.com
Tai Chi for Falls Prevention & Arthritis £5	Churchdown Community Centre, Parton Road, Churchdown, Gloucester, GL32JH	12:15am	Antonia Vassiloudi 07803 345 702 antoniavassiloudi@hotmail.com

Friday

Course and Cost	Venue	Time	Contact
Active Strength & Balance £3.50	Tesco Community Room, St Oswald's Retail Park, Gloucester, GL12SJ	9:30-10:30am	Antonia Vassiloudi 07803 345 702 antoniavassiloudi@hotmail.com
Falls Prevention Class £3	Queen Anne Court, Bristol Road, Quedgeley, GL24JY	10am	Simon Grodentz 07742 270 718 http://www.gfitness.co.uk/
Fit For Life £4 (£1 discount if you attend a second class in the same week)	The Hub GL3 Community Centre, Cheltenham Road East, Churchdown (opposite Tesco)	10am	Jon French 07503 876430 or see the Facebook page "Fit for Life Gloucester"
Seated Exercise Class £2	Clapham Communal Lounge, Alvin Street, Gloucester, GL1 3DE	10:30am-11:15am	Becky Law 07711 924392 becky@gfitness.co.uk

Seated Exercise Class £2	Charter Court Communal Lounge, Victoria Street, Gloucester, GL14EP	11:30am-12:15pm (alternate Fridays)	Tanya Gennaio 07875168004 tanya@gfitness.co.uk
Seated Exercise Class £2	Badgervale Court Communal Lounge, Woodpecker Road, Podsmead, Gloucester, GL25FQ	11:45am-12:30pm	Becky Law 07711 924392 becky@gfitness.co.uk
Falls Prevention Class £3	Quedgeley Community Centre, School Lane, Gloucester, GL24PJ	1:30pm	Simon Grodentz 07742 270 718 http://www.gfitness.co.uk/
Falls Prevention Class £4	Churchdown Methodist Church Hall, Chapel Hay Lane, Churchdown, GL3 2EJ	10am	Matthew Harris 07795 465 982 http://www.gfitness.co.uk/