

Physical Activities for the over 60s in Wetherby

Monday				
9:15am - 10:00am	Aqua Aerobics	Wetherby Leisure Centre	Wetherby.lc@leeds.gov.uk	01133781265
10:30am - 11:30am	Zumba Gold	Wetherby Leisure Centre	Wetherby.lc@leeds.gov.uk	01133781265
10:30am - 11:30am	Pilates	Kirk Deighton Village Hall	kdhallbookings@sky.com	01937 583505
10:45am	Table Tennis	Methodist church	Andrew Marshall	
11:30am - 1:00pm	Yoga	St James's Church	stjames@dsl.pipex.com	01937 583074
2:00pm - 4:30pm	Tea dance	St James's Church	Maureen Kilvington / Kathleen Blower	
6:00pm - 8:45pm	Pilates	Town Hall	Caron Patchett	01274 510520
6:00pm - 10:00pm	Ballroom Dancing	Town Hall	stephies123@yahoo.co.uk	07786 734826
7:15pm - 8:00pm	Aqua Aerobics	Wetherby Leisure Centre	Wetherby.lc@leeds.gov.uk	01133781265
7:30pm - 9:30pm	Badminton	Methodist church	badminton@wetherbymethodist.org.uk	
Tuesday				
9:00am - 11:45am	Pilates	Town Hall	t.murph@hotmail.co.uk	07519 397247
10:00am - 11:30 am	Tai Chi	St James's Scout hut	Penny Chambers	07778454685
11:00am - 12:00pm	Gentle exercise	Wetherby Leisure Centre	Wetherby.lc@leeds.gov.uk	01133781265
1:30pm - 2:45pm	Hatha Yoga	Wetherby Leisure Centre	Wetherby.lc@leeds.gov.uk	01133781265
7:30pm - 9:00pm	Yoga	Town Hall	Rachel Rose	07920 865636
Wednesday				
2 nd and 4 th Wed	St Joseph's Walking group		Maura Hunt, maurahunt@yahoo.co.uk	01937 360174 / 07788771802
9:00am Alt Wed	Gentleman Bootbashers	Methodist Church	David Highfield / Trevor Waite	01937 585326 / 01937 588422
9:15am - 10:00am	Zumba Gold	Kirk Deighton Village Hall	Jacqui Binner, jaxercise@btinternet.com	07974330725
10:00am	Walking for health	Wise	Meet outside Methodist Church	
10:00am - 10:45am	Aqua Aerobics	Wetherby Leisure Centre	Wetherby.lc@leeds.gov.uk	01133781265
10:25am - 11:15am	Pilates	Kirk Deighton Village Hall	kdhallbookings@sky.com	01937 583505
11:15am - 12:00pm	Gentle exercise	Wetherby Leisure Centre	Wetherby.lc@leeds.gov.uk	01133781265
11:30am - 12:30pm	Pilates	Town Hall	Charlotte Cirell	07973197367
1:00pm - 2:00pm	Pilates	St James's Church	stjames@dsl.pipex.com	01937 583074
6:00pm - 7:00pm	Pilates	Kirk Deighton Village Hall	kdhallbookings@sky.com	01937 583505

6:00pm - 9:00pm	Yoga	Town Hall	Bella Whitaker	07923448585
7:00pm - 8:00pm	Pilates	Kirk Deighton Village Hall	kdhallbookings@sky.com	01937 583505
Thursday				
10:00am - 11:00am	Pilates	Kirk Deighton Village Hall	kdhallbookings@sky.com	01937 583505
10:00am - 11:00am	Abdominal Conditioning	Town Hall	Klara Morgan	07921 812239
10:05am - 11:20am	Hatha Yoga	Wetherby Leisure Centre	Wetherby.lc@leeds.gov.uk	01133781265
10:30am - 12:00pm (Last Thurs)	Chairobics and stretch	Wetherby Social Club	WiSE	
11:30am - 12:30pm	Yoga	Kirk Deighton Village Hall	kdhallbookings@sky.com	01937 583505
2:00pm (not 3rd Thurs)	Mature movers	St Joseph's Church	(Catholic care) Pauline McElweee	01937582283
6:00pm - 10:00pm	Ballroom Dancing	Town Hall	stephies123@yahoo.co.uk	07786 734826
7:00pm - 7:45pm	Aqua Aerobics	Wetherby Leisure Centre	Wetherby.lc@leeds.gov.uk	01133781265
7:30pm - 8:30pm	Pilates	Kirk Deighton Village Hall	kdhallbookings@sky.com	01937 583505
Friday				
9:15am - 10:00am	Aqua Aerobics	Wetherby Leisure Centre	Wetherby.lc@leeds.gov.uk	
9:30am - 10:30am	Pilate	St James's Church	stjames@dsl.pipex.com	01937 583074
10:00am - 11:00am	Senior circuit training	St James's Church	stjames@dsl.pipex.com	01937 583074
10:00am - 11:30am	Yoga	Town Hall	Klara Morgan	07921 812239
10:30am - 11:15am	Chairobics	Wetherby Social Club	WiSE	01937 588994
11:00am - 12:00pm	Ballroom Dancing	Kirk Deighton Village Hall	kdhallbookings@sky.com	01937 583505
11:15am - 12:15pm	Aerobics	Wetherby Social Club	WiSE	01937 588994

Other useful contacts

- University of the Third Age: wetherbyu3a@hotmail.co.uk
- Ladies walk to Wetherby Methodist Church meet every 3 weeks
- Singing Town Hall 1.30-3.00 alternate Mondays: Janet stoney
Janet.stoney1@ntlworld.com 01937 520801
- Tempo FM mail@tempofm.co.uk 01937 589047
- Wetherby Town Council
The Town Hall, Market Place, Wetherby, LS22 6NE
T: 01937 583584 <http://www.wetherby.co.uk>