

# Consett Leisure Centre and The Louisa Centre Community Exercise Timetable

Day	Activity	Time	Venue	Price
Mon	Pilates	12.30 - 1.30pm	Lynwood House, Lanchester	£3.00
	Pilates	1.30 - 2.30pm	Lynwood House, Lanchester	£3.00
Tues	Low Impact Aerobics	9.45 - 10.45am	Annfield Plain Methodist Church	£3.00
	Seated Exercise	2.00 - 3.00pm	Croft View, Lanchester	£3.00
Wed	Aerobics	10.30 - 11.30am	Leadgate Community Centre	£3.00
	Pilates	6.30 - 7.30pm	Ebchester Village Hall	£3.00
Thurs	Circuits	1.00 - 2.00pm	St James' Church Hall, Burnopfield	£3.00
	Healthy Circuits	6.00 - 7.00pm	St Patrick's Church Hall, Consett	£3.00
Fri	Keep Fit	9.30 - 10.30am	Annfield Plain Methodist Church	£3.00
	Zumba	6.00 - 7.00pm	The Venue, Stanley	£3.00