

# Happy ..... Strong ..... Rejuvenate

## Mon

ESTABLISHED  
LINE DANCING  
5PM-6PM

BEGINNERS  
LINE DANCING  
6PM-6:30PM

## Tues

BEGINNERS  
DANCE  
9:30AM-10AM

ESTABLISHED  
LINE DANCING  
10AM-11AM

## Weds

CHAIR BASED  
QI GONG  
10AM-11AM

CIRCUIT  
11AM-11:30AM

ALLOTMENT  
GROUP (18+)  
1PM-2PM  
WASTWATER COMMUNITY  
ALLOTMENTS, WORKINGTON

## Thurs

PILATES  
11AM-11:45AM

AGE UK BRADBURY CENTRE  
OXFORD STREET  
WORKINGTON  
CA14 2AL

0808 196 1773

West Cumbria  
ageUK



together we  
Cumbria

Part of the  
LIVE LONGER BETTER.  
in Cumbria  
revolution!

CUMBRIA  
COMMUNITY FOUNDATION

# Happy

Cardio boosting  
classes  
for all abilities

With the intention to  
boost your endorphins  
to increase improve  
your sense of  
wellbeing and feelings  
of positivity.

# Strong

Keep Strong.  
Resistance based  
classes to maintain  
strength and stimulate  
your positive.  
hormones

Strength training  
builds the foundation  
of your fitness goals.

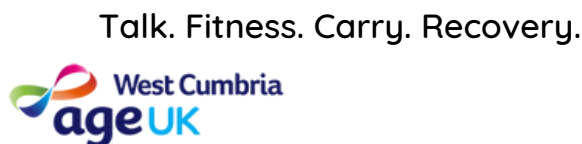
# Rejuvenate

Wind Down.  
Chilled out classes to  
recover and replenish  
our body.

Exercise to be used as a  
mindfulness tool,  
classes that increase  
you sense of calm and  
boost your skills for  
staying in the moment

Together We is a Community Interest Company in West Cumbria that aims to empower people to better manage their own physical and mental health and their overall wellbeing. We provide a range of different interventions for mental health and physical health and put the person at the centre of our work

We ask for a small donation of £3-5 per session, you choose what works for your budget, all profit goes from the sessions go back in to the running of Together We/AgeUK fitness services



0808 196 1773



REFERRAL@TOGETHERWE.UK



WWW.TOGETHERWE.UK