

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

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

Thurs

PILATES
10:45AM-11:30AM

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.

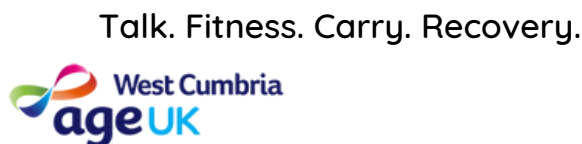
Rejuvenate

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