



fit in body
& mind

A variety of exercise, dance, sport, art & social activities take place each week at Campus West & Vineyard Barn in Welwyn Garden City and Jim MacDonald Centre in Hatfield. Classes are suitable for all ages.

Aerobics

Stretching and strength training routines improving all elements of fitness.

Art Classes

Learn a range of ideas, styles, techniques and mediums to make each week exciting and fun.

Bridge and Scrabble

Meet new people while learning to play these fun traditional games.

Carpet Bowls

Practice bowls in a friendly environment and meet some new people.

Keep Fit

This class helps with basic fitness and increases strength and stability.

Keep Fit – Rhythmic Movement

Rhythmic movement to music. An enjoyable and stress-free work-out.

Line Dancing

Line Dancing is a great way to get exercise while having fun.

Medau

A dance based workout leaving you feeling refreshed and energised.

Table Tennis

Enjoy a fun and energetic game of table tennis.

www.welhat.gov.uk/cw or **01707 357117**

Monday

9.15am Keep Fit £2.40
75 mins • Teacher: Brenda • **At Campus West - Terrace Suite**

10.00am Carpet Bowls £1.80
Sessions are only available between Oct & April
120 mins • **At Vineyard - Room 1**

10.30am Medau £2.40
60 mins • Teacher: Lois • **At Campus West - RollerCity***

10.45am Keep Fit £2.40
75 mins • Teacher: Brenda • **At Campus West - Terrace Suite**

1.00pm Table Tennis £1.80
150 mins • **At Vineyard Barn - Room 1**

Tuesday

10.00am Art Basics & Beyond £78.00
20 April to 13 July (excluding 1 June) **12 weeks**
120 mins • Teacher: Kim • **At Campus West - Terrace Suite**
Free taster session 13 April 10am-12pm

10.30am Keep Fit – Rhythmic Movement £2.40
(thereafter optional mat work at 11.30am)
60 mins • Teacher: Lois • **At Vineyard - Room 1**

1.45pm Carpet Bowls £1.80
Sessions are only available between Oct & April
120 mins • **At Vineyard - Room 1**

2.00pm Art Basics & Beyond £78.00
20 April to 13 July (excluding 1 June) **12 weeks**
120 mins • Teacher: Kim • **At Campus West - Terrace Suite**

Wednesday

10.00am Aerobics £2.40
60 mins • Teacher: Julie • **At Campus West - Terrace Suite**

11.30am Keep Fit £2.40
60 mins • Teacher: Mary • **At Jim MacDonald Centre (Hatfield)**

1.30pm Carpet Bowls £1.80
Sessions are only available between Oct & April
120 mins • **At Vineyard - Room 1**

7.30pm Carpet Bowls £1.80
Sessions are only available between Oct & April
120 mins • **At Campus West - Terrace Suite**

Thursday

10.00am Table Tennis £1.80
150 mins • **At Vineyard Barn - Room 1**

10.30am Medau £2.40
(thereafter optional mat work at 11.30am)
60 mins • Teacher: Lois • **At Campus West - RollerCity***

1.45pm Carpet Bowls £1.80
Sessions are only available between Oct & April
120 mins • **At Vineyard - Room 1**

2.00pm Bridge & Scrabble £1.80
150 mins • **At Campus West - Terrace Suite**

2.15pm Medau £2.40
75 mins • **At Jim MacDonald Centre (Hatfield) – Meeting Room**

8.00pm Medau £2.40
75 mins • Teacher: Lois • **At Campus West - Terrace Suite**

Friday

9.15am Keep Fit £2.40
75 mins • Teacher: Brenda • **At Campus West - Terrace Suite**

10.00am Art Basics & Beyond £78.00
20 April to 13 July (excluding 1 June) **12 weeks**
120 mins • Teacher: Kim • **At Jim MacDonald Centre (Hatfield) – Meeting Room**

10.15am Line Dancing £2.90
60 mins • Teacher: Val • **At Campus West - RollerCity***

10.45am Keep Fit £2.40
75 mins • Teacher: Brenda • **At Campus West - Terrace Suite**

10.15am Line Dancing £3.90
90 mins • Teacher: Val • **At Campus West - RollerCity***

11.15am Line Dancing £3.90
90 mins • Teacher: Val • **At Campus West - RollerCity***

11.45am Line Dancing £2.90
60 mins • Teacher: Val • **At Campus West - RollerCity***

- Beginners**
- Intermediate**
- All Fitness Levels**



*Classes will take place in The Sheridan Studio during School holidays and limited spaces are available

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