

Getting Manchester Moving

www.gettingmanchestermoving.org



Exercise Classes Organised by the Getting Active Through Exercise (GATE) Project for Over 65s in Manchester

This list correct at 07/06/2011

Name: **Postural Stability Class**

Levenshulme

Venue: West Point Lodge, 249 Slade Lane, Levenshulme M19 2FX

The class takes place in the lounge.

Time: Mondays 11.00am to 12.00pm

Instructor: Don

Contact: The Warden

Tel. 0161 224 4417

Name: **Extend Exercise to Music Class**

Chorlton

Venue: Chorlton Good Neighbours, Church Hall, Wilbraham St Ninian's United Reformed Church, Egerton Road South, Chorlton M21 0XJ

Time: Mondays 1.30pm to 2.30pm

Instructor: Mike

Contact: Helen Hibberd

Tel. 0161 881 2925

make time for activity

There are 1440 minutes in the day.
Be active for 30 of them!

Name: **Seated Exercise Class**

Wythenshawe

Venue: Tree of Life Centre, St Mark's URC, Oatlands Road, Woodhouse Park,
Wythenshawe M22 1AH

Time: Mondays 3.00pm to 4.00pm

Instructor: Beth

Contact: Janet

Tel. 0161 437 7623

Name: **Tai Chi Class**

Wythenshawe

Venue: Tree of Life Centre, St Mark's URC, Oatlands Road, Woodhouse Park,
Wythenshawe M22 1AH

Time: Mondays 9.45am to 10.45am

Instructor: Dave

Contact: Janet

Tel. 0161 437 7623

Name: **Extend Exercise to Music (For members of the Neesa Ladies' Group only)**

Cheetham Hill

Venue: Neesa Ladies' Group, Woodville Sure Start, Shirley Road, Cheetham Hill M8 0NE

Time: Tuesdays

Instructor: Maureen Brimley

Contact: Ghazala

Tel: 0161 740 9400

make time for activity

There are 1440 minutes in the day.
Be active for 30 of them!

Name: **Seated Exercise KFA**

Wythenshawe

Venue: Royal Oak Community Centre, Brookcott Road, Royal Oak, Wythenshawe M23 1DY

Time: Tuesdays 11.30am to 12.30pm

Instructor: Arun

Tel. 0161 998 2146 or 0161 282 8053

Name: **Sequence Dancing**

Wythenshawe

Venue: Royal Oak Community Centre, Brookcott Road, Royal Oak, Wythenshawe M23 1DY

Time: Tuesdays 1.00pm to 4.00pm

Instructor: Alan and Marie

Tel. 0161 998 2146 or 0161 282 8053

Name: **Low Impact Aerobics**

Chorlton

Venue: Chorlton Good Neighbours, Church Hall, Wilbraham St Ninian's United Reformed Church,

Egerton Road South, Chorlton M21 0XJ

Time: Wednesdays 1.30pm to 2.15pm

Instructor: Josie

Contact: Helen Hibberd

Tel. 0161 881 2925

make time for activity

There are 1440 minutes in the day.
Be active for 30 of them!

The Chinese Health Information Centre runs two classes:

Name: **International Buddhist Progress Society (IBPS) – Tai Chi Class**

Old Trafford

Venue: Chinese Buddhist Centre, 540 Stretford Road, Old Trafford M16 9AF

Time: Wednesdays 11.00am to 12.00pm

Instructor: Master Liming Yue

Contact: Shirley He

Tel. 0161 228 0138

Name: **Wu Ka Tang Overseas Chinese Association – Tai Chi Class**

Central Manchester

Venue: No.2 Waterloo Street, off Princess Street, Manchester M1 6HX

Time: Wednesdays 10.00am to 11.00am

Instructor: Dr. Xianglin Li

Contact: Shirley He

Tel. 0161 228 0138

Name: **Keep Fit – Seated Exercise**

Newton Heath

Venue: Newton Heath Catholic Club, 137 Culceth, Newton Heath

M40 1LY

Time: Wednesdays 1.00pm to 2.00pm

Instructor: Natalie

Contact: Pat Saunders

Tel. 0161 205 9550

make time for activity

There are 1440 minutes in the day.
Be active for 30 of them!

Name: **Seated Exercise Class**

Wythenshawe

Venue: New Dawn Community Association, Lawton Moor Methodist Church, Button Lane,
Northern Moor, Wythenshawe M23 0ND

Time: Wednesdays 11.00am to 12.00pm

Instructor: Beth

Contact: Barbara Walker

Tel: 0161 998 4262

Contact: South Manchester Healthy Living Network

Tel: 0161 217 3035

Name: **Adapted Yoga (for Whitebeck Court Housing residents only)**

Blackley

Venue: Whitebeck Court Housing, Moorway Drive, Blackley M9 7HR

Time: Thursdays 11.00am to 12.00pm

Instructor: Maureen Brimley

Name: **Postural Stability Class**

Openshaw

Venue: Openshaw Baptist Tabernacle, Salvation Army Building, 10 Fairfield Road,
Openshaw M11 1EN

Time: Fridays 1.30pm to 2.30pm

Instructor: Don

Contact: Tim Presswood

Tel. 07966 417 502

Contact: Clare McBeath

Tel. 07980 817 350

make time for activity

There are 1440 minutes in the day.
Be active for 30 of them!

Name: **Postural Stability Class**

Chorlton

Venue: Chorlton Good Neighbours, Church Hall, Wilbraham St Ninian's United Reformed Church, Egerton Road South, Chorlton M21 0XJ

Time: Fridays 10.00am to 11.00am

Instructor: Don

Contact: Helen Hibberd

Tel. 0161 881 2925

Name: **Exercise Class to improve strength, mobility and balance**

Northenden

Venue: Northenden Methodist Church, Palatine Road, Northenden

Time: Fridays 10.30am to 11.30am

Instructor: Beth

Tel. 0161 217 3035

make time for activity

There are 1440 minutes in the day.
Be active for 30 of them!