Monday:	T'ai Chi.	Paddy	11.45-12.45pm.
	Manvers Baptist Street Church. The Somerset Room- (downstairs). Gentle exercise blending concepts of different forms of T'ai chi & mindfulness. Mixed gender.	Nisbet	Please wear comfy clothing. Mon 13 th May-Mon 5 th Aug (excludes bank holiday Mon 27 th May).
	Yoga Manvers Baptist Street Church. The Somerset Room- (downstairs) Krissy tailors the yoga to everyone's ability. You can take part & this yoga is not spiritual. Mixed gender.	Krissy (Priya Yoga)	1-2pm Mon 13 th May-Mon 5 th Aug (excludes bank holiday Mon 27 th May).
	Mixed fun & friendly games at Victoria Park. Each week will be a different 'surprise' activity including dodgeball, gentle circuits/obstacle courses, rounders, ultimate Frisbee, volleyball. Weather plan. We shall meet and play as much as is possible and we hope for good weather. However there may be occasions when we have to cancel due to bad weather. We shall inform you all of this as soon as possible.	Carol Slinn & Oliver	6-7pm Meet at the green behind the café by the children's playground. (Not the end nearest the town, but the other children's playground by the skateboard park & café. Mon 13 th May-5 th Aug (excludes bank holiday May 27 th).
Tuesday:	Gentle, supportive walk to 5K run Meet at Victoria Park, by the Queen Vic Obelisk.	Hannah the Runner (Hannah Lees)	10-11am. 11 th June-27 th August. Near Queen Victoria Obelisk, Bath BA1 2LZ <u>https://goo.gl/maps/gX4Xs7btjiP2</u>
	Golf. Maximum of 6 people only so you cannot just turn up- it's essential you book please. Weather plan. We shall meet and play as much as is possible and we hope for good weather. However there may be occasions when we have to	Richard Carter	 3-4pm Bath Approach Course. This is the course opposite Victoria Park. Please meet at the cabin/hut on the course. 7th May- 23rd July. Bring your own clubs if you have them, otherwise they can be provided. Wear suitable shoes.

	cancel due to bad weather. We shall inform you all of this as soon as possible.		
Wednesday:	Zumba Gold. Bath Leisure Centre, Studio 1. Less strenuous type of Zumba ideal for beginners, older people and people with physical issues.		11.15-12 noon. Ongoing Start with Bath Mind on 8 th may
	New Age Kurling A very gentle and fun form of exercise; pushing pucks on rollers towards a target with either long handles or by hand. Twerton Village Hall. (Landseer Road). Entrance at the back of the hall.	Carol Slinn	12.30-1.30pm Wed May 8 th -24 th July.
	Swimming (This Girl Can- women only). Culverhay Leisure Centre. Open to all ladies. Female only lifeguards on rota. Timings carefully planned. If you want to discuss more details please get in touch to discuss specifics e.g. costumes		7-8pm. Wed 15 th May-31 st July.
Thursday:	Football. A collaboration with Bath City Football Foundation. Meet at the Pavillion carpark. Ideally you might have football boots. Otherwise please wear good trainers. Or we may be able to find you some boots. This is outdoors so we will play in most weather but please note that we may have to cancel in very bad weather conditions. Mixed male & female.	Geoff Stephens	6.30-7.30pm
Friday	Gentle, supportive walk to 5k run. Meet outside Midsomer Norton Leisure Centre (main door entrance)	Hannah Lees Hannah the Runner	12 noon- 1pm. <u>https://groups.runtogether.co.uk/HannahTheRunner/BookClass/dddc1eea-</u> <u>7e00-49e9-9122-e46355edab98</u>