



Community space weekly/monthly classes:

Pilates Classes: Every Mon 18:00-19:00

Every Wed 9:45-10:45 - Nicola Smith: nicolagibb28@googlemail.com

Every Thurs 19:15-20:15

Yoga & Pilates Classes: Every Tues 10:30-11:30

Yoga: Every Fri 9:30-10:30/10:45-11:45 - Rachael Gillies: lunasanayoga@yahoo.com

Evening Yoga: Every Wed 18:15-19:15

Martial Arts: Every Tues 18:00-20:00

Every Thurs 17:30-19:00 – Jennie Clark: martialartsjclark@btinternet.com

Tai Chi: Every Tues 13:30-14:30 – Zabeth Reid: zabtherapy@gmail.com

Beginners Ashtanga Yoga: Every Wed 11:00-12:00

Mixed ability Ashtanga Yoga: Every Wed 19:30-20:30 – Kerren Smith
kerrenyoga22@gmail.com

Alzheimer's Café: Every other Thurs 10:00-13:00 – Julie Woan:

Julie.Woan@alzheimers.org.uk

Golden-Oldies: one Thurs a month (contact) 10:45 – 12:15 – Emma Shearman: events@golden-oldies.org.uk

Age UK: Every Mon 10:00-11:00 - Info@ageuksomerset.org.uk

Smokefree Somerset classes: Thurs 13:30-15:30 - michelle.broom@somerset.gov.uk

YSHC: Every Sat (Hockey season Sep-Apr) All working day – Joanna Stevenson:
secretary@yshc.co.uk

Canine First Aid courses: Next course Sunday 08 December 09:30-16:30 – John McGeever yeovilgreyhoundwalk@gmail.com

Junior Park Run: Every Sun 08:00-09:30 - yeovilrecjuniors@parkrun.com