



Community Room Classes:

Age UK: Every Mon 10:00-11:00 – Angela Toohey: ageingwell@ageuksomerset.org.uk

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

More Pilates Classes: Every Tues 10:30-11:30 - Rachael Gillies:

Mum and Baby Yoga: Every Fri 9:30-10:30/10:45-11:45 lunasanayoga@yahoo.com

Evening Yoga: Every Wed 18:45-19:45

Youth Yoga: Every Fri 16:00-17:00 – Laura Male: aurakidsyoga@outlook.com

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

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

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

Alzheimer's Café: Every other Thurs 10:00-13:00 – Julie Woan: Julie.Woan@alzheimers.org.uk

YMCA: Every Mon 19:30-21:30 – Natalie Walton: NatalieWalton@ymca-bg.org

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

YSHC: Every Sat (Autumn, Winter, Spring) All working day – Joanna Stevenson:
secretary@yshc.co.uk

Junior Park Run: Every Sun 08:00-10:00 - yeovilrecjuniors@parkrun.com