

Active Ageing

TIMETABLE & ACTIVITIES

TUESDAY

Silver Spinners
Seated Movers
Smooth Movers
Smooth Movers
STEADI

| TIME | LOCATION | AREA |
|---------------|--------------------------|----------|
| 09.00 - 09.30 | Galashiels Swimming Pool | Cafe |
| 09.00 - 09.45 | Gytes Leisure Centre | Studio |
| 10.00 - 11.00 | Gytes Leisure Centre | Studio |
| 12.00 - 13.00 | Ashkirk Village Hall | Outreach |
| 14.15 - 15.15 | Tweedbank Sports Complex | Studio |

WEDNESDAY

Tri-Fusion
Smooth Movers
STEADI
Seaded Movers
STEADI

| | | |
|---------------|------------------------------------|----------|
| 10.00 - 11.00 | TriFitness (GALASHIELS) | Studio |
| 10.30 - 11.15 | Evergreen Hall | Outreach |
| 11.00 - 12.00 | Tweedbank Sports Complex | Studio |
| 12.00 - 13.00 | Kelso Swimming Pool | Studio |
| 12.30 - 13.15 | Teviotdale Leisure Centre (HAWICK) | Studio |

THURSDAY

Smooth Movers
Smooth Movers
Smooth Movers
Smooth Movers

| | | |
|---------------|------------------------------|----------|
| 09.30 - 10.30 | Cockburnspath Community Hall | Outreach |
| 10.00 - 11.00 | Bowden Village Hall | Outreach |
| 11.00 - 12.00 | Gytes Leisure Centre | Studio |
| 11.00 - 12.00 | Kelso Swimming Pool | Studio |

FRIDAY

Seated Movers

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|---------------|---------------------|--------|
| 11.30 - 12.15 | Gytes Leisue Centre | Studio |
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LIVE BORDERS Melrose Road, Galashiels TD1 2DU

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ACTIVITY DESCRIPTIONS

STEADI (Level 1)

A class that helps the older generation cope with the affects ageing has on balance. This class is suitable for anyone that has experienced a fall or is likely to fall in the future. It's lead by a fully qualified instructor who uses light exercise to help decrease the chances of falling in the future.

Seated Movers (Level 2)

A fun, low to medium level class using music from the decades to get you moving. All exercises can be performed using a chair, perfect for helping you to strengthen your balance and improve your fitness

Smooth Movers (Level 2/3)

A fun, low to medium level class using music from the decades to get you moving. This fun class is adaptable, you can take part seated or challenge yourself standing and is ideal for older adults, those who are recovering from injury and those new to fitness. It will help to build stamina and strength, improving your health and fitness.

Silver Spinners (Level 3)

A gentle aerobic-based indoor cycling class that helps to improve cardiovascular endurance.

