

60+ VOICES HOUNSLOW

To reserve your place, contact the appropriate instructors below.
(Please note that instructors will only take booking for their individual class.)

HEART OF HOUNSLOW

92 Bath Road, Hounslow TW3 3EL

Activity	Time	Date		
Tai Chi (Stuart)	15:00 – 16:00	Tuesday July: 21, 28	Tuesday August: 04, 11, 18, 25	Tuesday September: 01, 08, 15, 22, 29
Chair-Yoga (Fiorella)	13:45 - 14:45	Thursday July: 23, 30	Thursday August: 06, 13, 20,	Thursday September: 03, 10, 17, 24
Chair-Exercise (Anjli)	11:30 - 12:30	Friday July: 24, 31	Friday August: 07, 14, 21, 28	Friday September: 18, 25

Activity	Instructor	Contact
Art Class	Jignesh	077-2335-7595
Chair-exercise, Balance & Strength	Anjli	077-2335-2579
Mat-Yoga & Chair-Yoga	Fiorella	074-0436-0755
Otago	Jardell	074-1451-7490
Tai Chi	Stuart	079-9970-3021

Membership to 60+ Voices Hounslow £10

Membership open to all 60ys+ residents of Hounslow

Sessions £2 (members) £5 (non-members)

Programme July'26