

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 ACTIVITY PROGRAMME

92 Bath Road, Hounslow TW3 3EL

Activity	Time	Date		
Tai Chi (Stuart)	15:00 – 16:00	Tuesday February: 10, 17, 24	Tuesday March: 03, 10, 17, 24, 31	Tuesday April: 07, 14, 21, 28
Chair Exercise (Fiorella)	13:30-14:30	Thursday February: 12, 19, 26	Monday March: 02, 09, 16, 23, 30	Monday April: 06, 13, 20, 27
Bollyfusion (Anjil)	11:00 - 12:00	Friday February: 13, 20, 27	Friday March: 06, 13, 20, 27	Friday April: 03, 10, 17 , 24

Activity	Instructor	Contact
Bollyfusion	Anjil	077-2335-2579
Yoga, Chair: Yoga & Exercise	Fiorella	074-0436-0755
Otago	email: Jardel.williamson@lamptongroup.co.uk	
Tai Chi	Stuart	079-9970-3021

Membership £10p/year: open to Hounslow residents 60ys+
Sessions £2 (members) £5 (non-members)