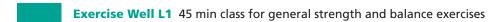
## AgeWell Active Online: Exercise Class Timetable

## Effective as of the 24th April 2025

Time/ Day	Monday	Tuesday	Wednesday	Thursday	Friday
9.30 - 10.15am	Exercise Well (Level 2)		Stretch and Restore		Strong Bones
10.45 - 11.30am	Stretch and Restore		Tai Chi/ Qigong	11am Tai Chi Foundations	Chair Pilates
11.45 - 12.30pm	Gentle Cardio Boost (30min)		Floor Pilates	roundations	Exercise Well (Level 1)



Exercise Well L2 45 min class for general strength and balance exercises

Gentle Cardio Boost 30 mins class focusing on aerobic exercise to raise your heartrate and get the blood moving

Floor Pilates 45 min class consisting of general mat-based Pilates exercises (note: different than Clinical Pilates)

Chair Pilates 45 min class consisting of general Pilates exercises performed in a chair

Stretch and Restore 45 min class focusing on flexibility, mobility, and breathwork with meditation for beginners

Strong Bones 45 min class of resistance and bodyweight exercises, designed to increase muscle mass and improve bone density

Tai Chi/Qiqong 45 min class combining the ancient Chinese practices of Tai Chi and Qigong

**Tai Chi Foundations** 45-min class emphasising the basics of Tai Chi practice through gentle flowing movement. Ideal for beginners, great for balance

