










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		Exercise Well (Level 1)

-  **Exercise Well L1** 45 min class for general strength and balance exercises
-  **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/Qigong** 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