

# JUMP INTO JANUARY!

FREE fitness classes for over 50s

All of our Deckham fitness classes are FREE throughout January! Feel fitter, lift your mood, and meet new people! No need to book.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p><b>Dancercise (from 8 Jan)</b> 11 - 11:45</p> <p>Easy to learn routines set to pop hits. A great way to improve your cardiovascular health!</p>	<p><b>Tai Chi (from 9 Jan)</b> 10:30 - 11:30 11:45 - 12:45</p> <p>A low impact series of gentle stretches and motions designed to improve your balance and flexibility.</p> 	<p><b>GetLow (from 10 Jan)</b> 11:30 - 12:15</p> <p>A beat-driven high energy dance workout designed to get your heart pumping!</p>	<p><b>Pickleball (from 4 Jan)</b> 10:45 - 12:15</p> <p>A paddle sport combining elements of tennis, badminton, and ping-pong. Easy to learn and great exercise!</p>	<p><b>ZOOM Active at Home (from 5 Jan)</b> 9:30 - 10:15</p> <p>Enjoy a low impact workout in the comfort of your own home. Ring us for a free exercise band!</p>
<p><b>Strength &amp; Balance (from 8 Jan)</b> 12 - 12:45</p> <p>High energy, low impact workouts featuring resistance training, cardio, and flexibility work.</p>		<p><b>Gentle Circuits (from 3 Jan)</b> 12:30 - 1:15</p> <p>Build your strength, stamina, and flexibility using a variety of types of fitness equipment.</p>	<p><b>Seated Yoga (from 11 Jan)</b> 1:30 - 2:30</p> <p>This quiet and gentle class will leave you feeling relaxed and refreshed. No floor work required.</p>	<p><b>Line Dancing</b> 10 - 11 Beginner Improvers 11:15 - 12 Absolute Beginners (both from 5 Jan)</p> <p>Fun, simple routines set to fantastic songs. A great way to raise your heartrate and your mood.</p>
<p><b>Walking Football (from 8 Jan)</b> 2:30 - 4:30</p> <p>Keep fit, meet new people, and learn new skills. No experience required.</p>		<p><b>Mat-based Yoga (from 10 Jan)</b> 1:30 - 2:15</p> <p>Reduce stress, improve your flexibility, and practice mindfulness through our floor-based yoga practice.</p>		<p><b>Walking Football (from 5 Jan at Deckham)</b> 10 - 12</p> <p>Sessions alternate between our Deckham hub and Gateshead Stadium.</p>



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We are a charity working to ensure everyone aged 50+ in Gateshead has access to fun, affordable ways to stay healthy, independent, and socially active.

We maintain a wellness hub for over 50s in Deckham and also support the delivery of activities for over 50s all across Gateshead. To see what's on near you, please visit [www.gatesheadopa.org.uk/whats-on](http://www.gatesheadopa.org.uk/whats-on)

**Backyard Cricket (from 5 Jan)**  
12 - 1:15

Join us for a casual, fun game of cricket. All equipment provided and no experience necessary.