

Exercise for Health

FAMILY FRIENDLY AEROBICS an energetic upbeat exercise to music class that is sure to get your body moving. Classes combine cardio and toning exercises for a total body workout. Added bonus that the little ones are welcome too! They can join in or just chill out at the side (£1 per child if taking part)

Waterbeck Village Hall	Wednesdays	6pm - 7pm
Eastriggs Social Club	Fridays (Starting 30 Aug)	6.30pm - 7.30pm

AEROBICS an energetic upbeat exercise to music class that is sure to get your body moving. Classes combine cardio and toning exercises for a total body workout

Kirkpatrick Fleming Village Hall	Mondays	6.30pm - 7.30pm
Ecclefechan Village Hall	Thursdays (Starting 12 Sept)	6.30pm - 7.30pm

EASIOBICS a light exercise to music class which focuses on movement, strength, toning and general increased physical activity. Perfect if you haven't exercised in a while and want to get back into it!

Lochmaben Centre, Lochmaben	Mondays (Starting 9 Sept)	9.30am - 10.30am
Lochmaben Centre, Lochmaben	Wednesdays (Starting 11 Sept)	9.30am - 10.30am
Market Hall Annan	Thursdays (Starting 19 Sept)	10.30am - 11.30am

All classes are Macmillan friendly classes



All classes £3 per hour - No need to book, just turn up

No need for fancy gym clothes, just wear comfortable exercise clothes, trainers and bring a bottle of water. Participants will be asked to fill in a health questionnaire at their first class.

For further information contact Active.Communities@dumgal.gov.uk

Exercise for Health



OF A CERTAIN AGE... an exercise to music class specifically for women who are either peri-menopausal or menopausal (and beyond). Exercise before, during and after menopause offers many benefits including, preventing weight gain, strengthening bones and boosting mood.

Noblehill Community Centre * Saturdays 10am - 11am

AEROBICS an energetic upbeat exercise to music class that is sure to get your body moving.

Classes combine cardio and toning exercises for a total body workout

Locharbriggs Village Hall * Monday from 6.15pm

Cresswell Community Centre Tuesday 7pm - 8 pm

Locharbriggs Village Hall * Fridays 7pm - 8pm

FIT STIX an energetic class that uses tap sticks to focus on core strength, fitness and rhythm. Participants can use tap sticks (provided) to tap together whilst performing co-ordinated body movement to 'feel good' music. Class is suitable for teens through to adults.

Cresswell Community Centre * Wednesdays 7.30pm - 8.30pm (Starting 2 Oct)

EASIOBICS a light exercise to music class which focuses on movement, strength, toning and general increased physical activity. Perfect if you haven't exercised in a while and want to get back into it!

St Mary's - Greyfriars Church Hall, Dumfries * Tuesday 10.30am - 11.30am

Dalswinton Village Hall * Wednesdays 10am - 11am

Kingholm Quay Community Centre * Wednesdays 10.30am - 11.30am

Lochvale House, Georgetown * Thursday 10am - 11am

Summerhill Community Centre * Fridays 10am - 11am

All * classes are Macmillan friendly classes



All classes £3 per hour - No need to book, just turn up

No need for fancy gym clothes, just wear comfortable exercise clothes, trainers and bring a bottle of water. Participants will be asked to fill in a health questionnaire at their first class

For further information contact Active.Communities@dumgal.gov.uk

Exercise for Health

EASIOBICS a light exercise to music class which focuses on movement, strength, toning and general increased physical activity. Perfect if you haven't exercised in a while and want to get back into it!

Dalbeattie Town Hall *	Tuesdays	7pm - 8pm
Crossmichael Hall	Wednesdays (Starting 11 Sept)	6.30pm - 7.30pm
Glenlochar Community Hall	Thursdays	6.30pm - 7.30pm

FAMILY FRIENDLY AEROBICS an energetic upbeat exercise to music class that is sure to get your body moving. Classes combine cardio and toning exercises for a total body workout. Added bonus that the little ones are welcome too! They can join in or just chill out at the side (£1 per child if taking part)

Castle Douglas Town Hall	Thursdays (Starting 12 Sept)	10am - 11am
---------------------------------	------------------------------	-------------

AEROBICS an energetic upbeat exercise to music class that is sure to get your body moving. Classes combine cardio and toning exercises for a total body workout

Castle Douglas Bowlers Hall	Mondays	9.30am - 10.30am
Gatehouse Community Centre	Mondays	6pm - 7pm
Castle Douglas Bowlers Hall	Mondays	7pm - 8pm

OF A CERTAIN AGE... an exercise to music class specifically for women who are either peri-menopausal or menopausal (and beyond). Exercise before, during and after menopause offers many benefits including, preventing weight gain, strengthening bones and boosting mood.

Castle Douglas Town Hall *	Saturdays	10am - 11am
-----------------------------------	-----------	-------------

All * classes are Macmillan friendly classes



All classes £3 per hour - No need to book, just turn up

No need for fancy gym clothes, just wear comfortable exercise clothes, trainers and bring a bottle of water. Participants will be asked to fill in a health questionnaire at their first class

For further information contact Active.Communities@dumgal.gov.uk

Exercise for Health

EASIOBICS a light exercise to music class which focuses on movement, strength, toning and general increased physical activity. Perfect if you haven't exercised in a while and want to get back into it!

Glen of Luce Hall, Auchenmalg *	Wednesdays	10am - 11am
Wigtown County Buildings *	Wednesdays (Starting 2 October)	6.30pm - 7.30pm
Stranraer Library	Thursdays (Starting 12 Sept)	6.30pm - 7.30pm

AEROBICS an energetic upbeat exercise to music class that is sure to get your body moving. Classes combine cardio and toning exercises for a total body workout

Sorbie Hall *	Mondays	10am - 11am
McMillan Hall	Thursdays (Starting 12 Sept)	9.30am - 10.30am
McMillan Hall	Thursdays	6.30pm - 7.30pm

FAMILY FRIENDLY AEROBICS an energetic upbeat exercise to music class that is sure to get your body moving. Classes combine cardio and toning exercises for a total body workout. Added bonus that the little ones are welcome too! They can join in or just chill out at the side (£1 per child if taking part)

Leswalt Village Hall	Mondays	6.30pm - 7.30pm
-----------------------------	---------	-----------------

All * classes are Macmillan friendly classes



All classes £3 per hour - No need to book, just turn up

No need for fancy gym clothes, just wear comfortable exercise clothes, trainers and bring a bottle of water. Participants will be asked to fill in a health questionnaire at their first class

For further information contact Active.Communities@dumgal.gov.uk