

STRENGTH & BALANCE classes in Oxfordshire

- PSI-qualified instructor
- First session free, carers always attend for free

Area	Venue	Day	Time	Tutor
Cherwell	Grimsbury Community Centre, Banbury	Tuesday	2 - 3pm	Craig Richardson
Cherwell	Bicester Methodist Church	Monday	1.30 - 2.30pm	Caroline Moss
City	Cotteslowe Community Centre	Thursday	1.30 - 2.30pm	Sarah Wheatley
South	Masonic Hall, Wallingford	Thursday	11 - 12pm	Laura Godfrey
South	Long Wittenham Village Hall	Wednesday	3.30 - 4.30pm	Caroline Clarke
Vale	Dean Court Community Centre	Wednesday	10 - 11am	Jane Read
Vale	Grove Village Hall	Monday	12 - 1pm	Gemma Pearce
West	St Kenelm's Hall, Minster Lovell	Tuesday	10.15 - 11.15am	Cally Maxwell



Simple strength, balance, flexibility and mobility is the focus for this class. Some time will be spent working on practising going down and up from the floor (or kneeling). Uses chair as a support and a range of equipment. Ideal for people who are worried about their balance.

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