

Edenbridge Healthy Lifestyles

Activity / Session	Venue	Time & Day	Cost
EZ Exercise Gentle adult exercise class with an element of dance	Edenbridge Leisure Centre	Tuesday 10.30 - 11.30am	£2.00 (inc. free crèche - book in advance)
Strictly Dance Funk Adult dance class. Variety of dance styles including Jazz, Salsa, Freestyle & Ceroc	Edenbridge Leisure Centre	Friday 10.30 - 11.30am Term time only	£2.00 (inc. free crèche - book in advance)
Just Dance An hour of choreographed non stop dance (pop, jazz and freestyle) Adults only (16+)	Edenbridge Leisure Centre	Wednesday 6.30-7.30pm <i>Starting 10th September</i>	£2.00
Line Dancing Adult dance class for any age (beginners, improvers & experts)	Edenbridge Leisure Centre	Friday Beg: 12.30 - 1.30pm Imp: 1.30 - 2.30pm	£2.00
Tea Dances Brush up on your dancing skills, meet new people and enjoy great music from times gone by with dancing, tea and sandwiches (tickets can be purchased from the Leisure Centre in advance)	Edenbridge Leisure Centre	8 th October 12 - 2pm	£4.00 (includes tea & sandwiches)
Get S.O.R.T.ed Sevenoaks OutReach Team offering free individual advice & support on exercise, lifestyle & healthier eating	Visit the Team at venues across the District, contact Sevenoaks District Council 01732 227000 for further details		
The Why Weight Plan Free healthy eating and weight management programme for adults	Edenbridge Leisure Centre - Monday 1.30 - 3pm For more information please call 01342 414445 (New course starting in Westerham, Jan 2009)		Free
Health Walk A friendly local walk for all abilities, led by qualified volunteer walk leaders	Edenbridge Leisure Centre	Wednesday 9.30 - 10.30am	Free
	Sevenoaks Leisure Centre	Thursday 10.30 - 11.30am	Free
	Kemsing (car park off of High Street next to Wheatsheaf pub)	Tuesday 10.30 - 11.30am	Free
Gentle Yoga For over 50s. (Includes relaxation techniques).	Shoreham Village Hall	Wednesday 1.00 - 1.45pm	£1.00
Relax and Chat! A one hour session of gentle yoga followed by a ½ hour chat on interesting lifestyle topics, includes free refreshments.	Dunton Green Village Hall	Wednesday 3 – 4.30pm <i>Starts 8th October</i>	£1.00
Parent than Toddler Yoga A one hour session of yoga for parents, followed by a ½ hour parent & toddler yoga session	Edenbridge Childrens Centre	Coming soon, for more information please call 01732 227000	£2.00 (free creche places included)
Cookery Basic skills cookery course for adults, offered at venues around the District	Westerham Village Hall Other venues to be confirmed	Coming soon, for more information please call 01732 227000	£2.00 (must be booked in advance)

Please note: There is no need to book in advance just turn up and join in, unless otherwise stated above!

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