

December 2025 – Incurably Wonderful

Tuesday	Thursday	Friday	Saturday
2nd December	4th December	5th December	6th December
John Archer Hall, L8	John Archer Hall, L8	Sefton Park	Calderstones Park
10:30 -11:30 - Chair Yoga 11:30 -12:30 - Chair Pilates	11-12 pm - Strength & Conditioning 12 - 1 pm - Chair Yoga & Chanting	11-12 Walk N Talk	11-12 Walk N Talk
Online – Zoom			
5:30 pm Book Club Online			
9th December	11th December	12th December	13th December
John Archer Hall, L8	John Archer Hall, L8	Sefton Park	Calderstones Park
10:30 -11:30 – Chair Yoga 11:30 -12:30 – Chair Pilates	11-12 pm - Strength & Conditioning 12 - 1 pm - Chair Yoga & Chanting	11-12 Walk N Talk	11-12 Walk N Talk
Online- Zoom			
5:30 pm Express Writing			
16th December	18th December	19th December	20th December
John Archer Hall, L8	John Archer Hall, L8	Sefton Park	Calderstones Park
10:30 -11:30 – Chair Yoga 11:30 -12:30 – Chair Pilates	11 -12 Strength & Conditioning 12 -1 pm Chair Yoga & Chanting	11-12 Walk N Talk	11-12 Walk N Talk
	Online Zoom		
	5:30 pm Online Meditation		