

Activity List July 2021

Call 01535 677177 or email admin@khl.org.uk for more info or to book your place.

Activity	Day/Time	Venue/Platform
Mondays		
Bottom line, Core and Floor (Online Exercise Class)	11am – 11:30am	Facebook
Tuesdays		
Art 4 All (online)	10am – 12:00pm	Whatsapp and Youtube
Art 4 All (in person)	10:15am – 12:15pm or 1:00pm – 3:00pm	KHL
Outdoor Cafés	10am – 11:00am or 11:15am-12:15am	KHL Garden
BalletBeFit, (Exercise Class)	10:00am – 10:45am or 11:00am – 11:45am	KHL
Digital Hub	1:00pm – 3:00pm	Highfield Community Association Keighley BD21 2QG
Keeping it Cool in Midlife (starting soon)	6.30pm – 8:00pm	KHL
Wednesdays		
Keighley Come Dancing DDMIX (Dance Exercise Class)	10:00am – 11:00am	Civic Hall
Healthy Weight Loss Programme	10:00am or 1:00pm Other dates and times available.	KHL
Art 4 All	10:00am – 11:00am	KHL
Thursdays		
Games Cafés	10:00am – 10:45am or 11:00am-11:45am	KHL Garden
Staying Steady (Fall Prevention Seated Exercise Class)	12:30pm – 1:30pm	KHL
Yoga	4:25pm – 5:25pm	Online via Zoom
Digital Hub	1:00pm – 3:00pm	Sue Belcher Centre Keighley BD21 7AF

Fridays		
Art 4 All (in person)	10:00am – 12:00pm or 1:00pm – 3:00pm	KHL
Staying Steady – Fall Prevention Seated Exercise Class	11:00am – 12:00pm	Facebook
Art 4 All (online)	10:00am – 12:00pm	YouTube & WhatsApp
Various and By Appointment		
Beginners Art	Various	Online or DVD
Prepare 4 Parenthood.	By appointment	For more information or to book an appointment contact Flora 0792 0432428
T-Natal Project - Young Parent Support	Various	Contact Flora 0792 0432428 or Facebook t-natal Keighley.
Oakworth Shed	By appointment	Telephone
Telephone Conversation Cafés	By appointment	Telephone
Breastfeeding Support	Various	Text Feed to 667777 with name, postcode and baby's date of birth and a mentor will contact you or Book via Facebook @Bradfordbreastfeedingbuddies
MSK Connect A free local service supporting people living with Musculoskeletal conditions	Various	Individual and Small group sessions. Telephone support also available.
Beginners Art	Various	Online or DVD

Further information on our services can be found on our YouTube Channel www.youtube.com/channel/UCONy0OYq_cHbkT4-yn3Gqvg

Facebook page www.facebook.com/KeighleyHealthyLiving and by visiting our website www.khl.org.uk