

Mondays			22nd July	29th July	5th Aug	12th Aug	19th Aug	26th Aug
Ladies' Walk & Talk	10.00am - 11.00am	KHL (Book via KHL)	O	O	O	O	O	X
Cardio Dance Workout	10.00am - 10.45am	Civic Hall (Book via KHL)	O	O	O	O	O	X
Seated Yoga	11.00am - 11.45am	Civic Hall (Book via KHL)	O	O	X	O	O	X
Seated Yoga	12.00pm - 12.45pm	KHL (Book via KHL)	O	O	X	O	O	X
Maternity Circle	12.30pm - 2.00pm	KAWACC, BD21 3HU (Drop in)	O	X	X	x	x	x
Parkinson's Support Group	1.30pm - 3.30pm	KHL (Book via KHL)	X	X	X	X	X	X
Seated Yoga	2.00pm - 3.00pm	St Johns, Ilkley (Book via KHL)	O	O	X	O	O	X
Angelic Reiki Group	6.00pm - 8.00pm	Call 07712804538 to book	X	X	O	X	X	X

Tuesdays			23rd July	30th July	6th Aug	13th Aug	20th Aug	27th Aug
Conversation Café	10.00am - 11.45am	KHL (Drop in)	O	O	O	O	O	X
BalletBeFit (ladies only)	10.00am - 10.45am	Civic Hall (Book via KHL)	X	X	O	O	X	X
BalletBeFit	11.00am - 11.45am	Civic Hall (Book via KHL)	X	X	O	O	X	X
Art4All	10.00am - 12.00pm or 12.30pm - 2.30pm	KHL (Book via KHL)	O	O	X	X	X	X
Movement Matters with Mary Online class	10.30am - 11.30am	'KHL - Exercise and Wellbeing at Home' on Facebook	X	X	X	X	X	X
Maternity Circle	12.00 - 2.00pm	The Hive, Elliott Street, Silsden BD20 0DE (Drop in)	X	X	X	X	X	X
Exercise & Tone (Ladies only)	12.15pm - 1.00pm	BCA, BD21 1PW (call 01535 604359 to book)	X	X	X	X	X	X
Bereavement Support Group	1.00pm - 3.00pm	Central Hall, Alice Street (book via mentalhealthconnect@khl.org.uk)	X	X	X	X	O	X
Rethinking Pain Exercise Group	1.00pm - 2.00pm at West Lane Baptist Church, Haworth BD22 8EN 3.45pm - 4.45pm at The Hive, Silsden BD20 0DE (Book via KHL)		O	X	O	O	O	X
Cardio Blast (ladies only)	1.15pm - 2.00pm	KAWACC, BD21 3HU (call 07593 791682 to book)	X	X	X	X	X	X
One-to-One I.T. Support	1.30pm - 3.30pm	Keighley Library (call 01535 618212 to book)	O	O	O	O	O	O
Movement Matters with Andy Online class	7.00pm - 8.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook	O	X	O	O	O	X

Wednesdays			24th July	31st July	7th Aug	14th Aug	21st Aug	28th Aug
Art4All	9.45am – 11.45am or 12.30pm – 2.30pm	KHL (Book via KHL)	○	○	X	X	X	X
Maternity Circle	10.00am – 11.30am	Haworth Medical Practice, BD22 8DH (Drop in)	○	○	○	○	○	○
'Mind How You Grow' Gardening	10.00am – 12.00pm	KHL (Book via KHL)	○	○	○	○	○	X
DDMIX (Dance Exercise)	10.00am – 10.50am	Civic Hall (Book via KHL)	X	X	○	○	X	X
Fit-Start	11.00am – 12.00pm	Civic Hall (Book via KHL)	X	X	X	X	X	X
Fresh - alcohol and unprescribed drugs support	11.00 - 1.00 pm	Christchurch, The Grove, Ilkley LS29 9LW (Drop in)	○	○	○	○	○	○
Seated Zumba® Gold	11.15am - 12.15pm	Queens Hall, Burley in Wharfedale, LS29 7BT (Book via KHL)	○	○	X	X	X	X
DDMIX-SIT (Ladies seated Exercise)	11.15am – 12.00pm	Sangat Centre (call 01535 610263 to book)	X	X	X	X	X	X
Maternity Circle (fortnightly)	12.00pm - 2.00pm	Keighley Rainbow Family Hub, BD22 6JB (Drop in)	○	X	X	○	X	○
Rethinking Pain Exercise Group	1.00pm - 2.00pm	Windhill Community Centre, ShIPLEY (Book via KHL)	X	X	X	X	X	X
Movement Matters with Alison Online class	2.00pm - 3.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook	○	○	○	○	○	○
Menopause Café (monthly)	6.00pm – 8.00pm	KHL (Book via KHL)	○	X	X	X	X	X

Thursdays			25th July	1st Aug	8th Aug	15th Aug	22nd Aug	29th Aug
Maternity Circle (monthly)	9.30am - 11.30am	Modality Unit, Airedale Shopping Centre (Drop in)	X	X	X	X	X	X
Busy Minds - Relaxation & Mindfulness	9.45am - 11.45am	Run by Well Together (call 01274 259190 to book)	X	○	X	○	X	X
STICKS - Crochet & Knitting	9.45am – 11.45pm	Run by Well Together (call 01274 259190 to book)	○	X	○	X	X	X
Wharfedale Wellness Together - Mental Health Support Group	10.00am - 12.00pm	Christchurch, The Grove, Ilkley LS29 9LW (Drop in)	○	○	○	○	○	○
Games Café	10.00am - 11.45am	KHL (Drop in)	○	○	○	○	○	X
Core and Floor (Ladies Only)	10.00am – 10.45am	Civic Hall (Book via KHL)	X	X	X	X	X	X
My Healthy Weight Journey: Healthy Cookery 6-week course starts on 25th July	10.00am - 12.00pm	KHL (Book via KHL)	○	○	○	○	○	○

Thursdays			25th July	1st Aug	8th Aug	15th Aug	22nd Aug	29th Aug
Men's Support Group	10.30am - 12.30pm	BCA, BD21 1PW (call 01535 604359 to book)	X	X	X	X	X	X
Somatic Yoga	11.00am - 12.00pm	Civic Hall (Book via KHL)	O	O	X	O	O	X
Keighley History Walk	11.00am - 12.00pm	Meet at KHL (Book via KHL)	O	O	O	O	O	X
Seated & Strength Training	12.30pm - 1.15pm	Civic Hall (Book via KHL)	X	X	X	X	X	X
Maternity Circle	12.30pm - 2.00pm	KHL (Drop in)	O	O	O	O	O	O
Oakworth Shed	1.00pm - 3.00pm	Oakworth Village Hall (Drop in)	O	O	X	X	X	X
Singing Group	1.45pm - 3.00pm	KHL (Book via KHL)	X	X	X	X	X	X
Young Parents & Baby Group	2.00pm - 4.00pm	KHL (Drop in)	X	O	O	O	O	O
Cookery Club 6-week course	2.00pm - 4.00pm	KHL (Book via KHL)	O	O	O	O	O	O
Angelic Reiki Group	6.00pm - 8.00pm	Call 07712804538 to book	X	X	X	X	X	X

Fridays			26th July	2nd Aug	9th Aug	16th Aug	23rd Aug	30th Aug
Maternity Circle	9.30am - 11.00am	Good Shepherd Centre, BD22 6ES (Drop in)	X	O	X	X	X	X
Tai Chi & Tea	10.00am - 11.00am	KHL (Book via KHL)	O	O	O	O	O	X
Maternity Circle	10.00 - 11.30am	All Saints Pre-School, Little Lane, Ilkley LS29 8HZ (Drop in)	X	X	X	X	X	O
Boxercise	11.15am - 12.00pm	KHL (Book via KHL)	O	O	O	O	O	X
Seated Mindfulness Yoga	1.00pm - 2.00pm	Silsden Town Hall BD20 0AJ (Book via KHL)	O	O	O	O	O	X

By Appointment		
Pregnancy and Parents Antenatal Sessions	6 week courses Fridays 3.00pm - 5.30pm	Contact Flora on 07920432428 - Booking is essential
T-Natal Project - Young Parent Support Parents up to the age of 21	Various	Contact Flora on 07920432428

Keighley Pathways Wellbeing Service		
Keighley Pathways for Carers 1:1 appointments with Carers' Resource	Tuesdays (All day)	KHL (Book via KHL)
Keighley Pathways Health & Wellbeing 1:1 support - appointment only	Wednesdays 1.00pm - 5.00pm	Keighley Library (call 01535 610180 to book)