



Mondays		
Walk & Talk (Women only)	10.00am - 11.00am	KHL (Book via KHL)
Dance & Tone	10.00am - 10.45am	Civic Hall (Book via KHL)
Bodyworks (Mens only) <small>Cannot be booked as well as Body Weight Circuit Starts 6th October</small>	10.00am - 10.45am	KHL (Book via KHL)
Body Weight Circuit (Mens only) <small>Cannot be booked as well as Bodyworks</small>	11.00am - 11.45pm	KHL (Book via KHL)
Somatic Yoga	11.00am - 12.00pm	Civic Hall (Book via KHL)
Seated Pilates Yoga <small>Cannot be booked as well as Somatic Yoga</small>	12.15pm - 1.00pm 1.15pm - 2.00pm	KHL (Book via KHL)
Lets Cook Together: Asian Cuisine <small>October sessions: 20th & 27th</small>	1.30pm - 3.00pm	KHL (Book via KHL)
Parkinson's Support Group <small>6th and 20th October</small>	1.30pm - 3.30pm	KHL (Book via KHL)
Tuesdays		
Conversation Café	10.00am – 11.45am	KHL (Drop in)
BalletBeFit (women only)	10.00am – 10.45am	Civic Hall (Book via KHL)
BalletBeFit Exercise Class	11.00am – 11.45am	Civic Hall (Book via KHL)
Art4All (Drawing and painting class)	10.00am – 12.00pm or 1.15pm – 2.45pm	KHL (Book via KHL)
Movement Matters with Mary Parkinson	10.30am - 11.30am	'KHL - Exercise and Wellbeing at Home' on Facebook
Maternity Circle (fortnightly) <small>2nd & 4th Tuesday of the month</small>	12.00pm - 2.00pm	The Hive, Silsden, BD20 0DE (Drop in)
Sit & Stay Fit	12.15pm - 1.00pm	KHL (Book via KHL)
Art for Beginners <small>Started 23rd September - 5 week course</small>	12.30pm - 2.30pm	KHL (Book via KHL)
Exercise & Tone (women only)	1.15pm - 2.00pm	BCA, BD21 1PW (call 01535 604359 to book)
Bereavement Support Group (monthly) <small>21st October</small>	1.00pm – 3.00pm	Central Hall, Alice Street, BD21 3JD (Book via KHL)
Rethinking Pain Exercise Group	1.00pm – 2.00pm at West Lane Baptist Church, Haworth BD22 8EN 2.45pm – 3.45pm at The Hive, Silsden BD20 0DE (Book via KHL)	
Cardio Exercise (women only)	1.15pm - 2.00pm	KAWACC, BD21 3HU (call 07593 791682 to book)
Movement Matters with Andy Watmuff	7.00pm - 8.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook
Wednesdays		
Maternity Circle (monthly) <small>Last Wednesday of the month</small>	9.30am - 11.00am	Sangat Centre, Marlborough Street, BD21 3HU (Drop in)
Art4All (Drawing and painting class)	10.00am – 12.00pm or 12.30pm – 2.30pm	KHL (Book via KHL)
DDMIX (Dance Exercise)	10.00am - 10.50am	Civic Hall (Book via KHL)
Maternity Circle (fortnightly) <small>1st & 3rd Wednesday of the month</small>	10.30am – 12.00pm	Haworth Medical Practice BD22 8DH (Drop in)
Fit-Start <small>No session 1st October</small>	11.00am – 12.00pm	Civic Hall (Book via KHL)

Wednesdays		
Seated Zumba® Gold	11.15am - 12.00pm	Queens Hall, Burley in Wharfedale, LS29 7BT (Book via KHL)
DDMIX and Sit (women only)	11.25am – 12.10pm	Sangat Centre (call 01535 610263 to book)
Maternity Circle (fortnightly) 2 nd & 4 th Weds of the month	12.00pm - 2.00pm	Keighley Rainbow Family Hub BD22 6JB (Drop in)
Give it a go 6 week course, started 17 th Sept	1.00pm - 3.00pm	KHL (Book via KHL)
Maternity Circle Pregnancy Group (monthly) 1 st October	5.00pm - 7.00pm	KHL (Drop in)
Thursdays		
Maternity Circle (monthly) Please ask for upcoming dates	9.30am - 11.30am	Modality Unit, Airedale Shopping Centre (Drop in)
Busy Minds - Relaxation & Mindfulness 2nd and 16th October	9.45am - 11.45am	Run by Well Together (call 01274 259190 to book)
STICKS - Crochet & Knitting 9 th and 24 th October	9.45am – 11.45pm	Run by Well Together (call 01274 259190 to book)
Wharfedale Wellness Together Mental Health Support Group	10.00am - 12.00pm	Christchurch, The Grove, Ilkley LS29 9LW (Drop in)
Keighley Hearts Support Group (monthly) 9 th October	10.00am - 11.30am	Sangat Centre (Drop in)
Games Café	10.00am - 11.45am	KHL (Drop in)
Core and Floor (women only)	10.00am – 10.45am	Civic Hall (Book via KHL)
Cardio Conditioning	11.00am - 11.45am	Civic Hall (Book via KHL)
Keighley History Walk	11.00am – 12.00pm	Meet at KHL (Book via KHL)
Seated & Strength Training	12.00pm - 12.45pm	Civic Hall (Book via KHL)
Maternity Circle	12.30pm - 3.30pm	KHL (Drop in)
Oakworth Shed (Woodwork Activities)	1.00pm - 3.00pm	Oakworth Village Hall (Drop in)
Rethinking Pain Support Group 16 th October	2.00pm - 3.30pm	KHL (Drop in)
Fridays		
Maternity Circle (monthly) 1st Friday of the month	9.30am - 11.00am	Good Shepherd Centre, BD22 6ES (Drop in)
Tai Chi & Tea Cannot be booked as well as Sit & Stand Somatic Yoga	10.00am – 11.00am	KHL (Book via KHL)
Maternity Circle	10.00am - 11.30am	All Saints Pre-School, Ilkley LS29 8HZ (Drop in)
Sit & Stand Somatic Yoga Cannot be booked as well as Tai Chi & Tea	11.30am - 12.15pm	KHL (Book via KHL)
Seated Mindfulness Yoga	1.00pm - 2.00pm	Silsden Town Hall BD20 0AJ (Book via KHL)
By Appointment		
Young Parents 1:1 Support	Various times available	Contact Flora on 07920432428 - Booking is essential
Pregnancy and Parenting Sessions		
Keighley Pathways Wellbeing Service		
Keighley Pathways Health & Wellbeing with KHL 1:1 support - appointment only	Tuesdays 1.00pm - 5.00pm	KHL (call 01535 677177 to book)