



**Groups highlighted in yellow will not be running week commencing 16<sup>th</sup> Feb due to half term.**

Mondays		
Walk & Talk (Women only)	10.00am - 11.00am	KHL (Book via KHL)
Dance & Tone	10.00am - 10.45am	Civic Hall (Book via KHL)
Introduction to Fitness <small>7 week course - started 12<sup>th</sup> January</small>	10.00am - 10.45am	KHL (Book via KHL)
Body Weight Circuit (Mens only)	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)
Cook Confident <small>2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup> and 23<sup>rd</sup> February</small>	1.00pm - 3.00pm	KHL (Book via KHL)
Parkinson's Support Group <small>2<sup>nd</sup> 9<sup>th</sup> and 16<sup>th</sup> February</small>	1.30pm - 3.30pm	KHL (Book via KHL)
Cancer Support Group	2.00pm - 3.30pm	IG Medical, Ilkley Moor Medical Practice, LS29 8TH (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>2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday of the month</small>	12.00pm - 2.00pm	The Hive, Silsden, BD20 0DE (Drop in)
Seated & Strength Training	12.00am - 12.45pm	Civic Hall (Book via KHL)
Exercise & Tone (Women only) <small>No class on 24<sup>th</sup> Feb</small>	1.15pm - 2.00pm	BCA, BD21 1PW (call 01535 604359 to book)
Bereavement Support Group <small>3<sup>rd</sup> and 17<sup>th</sup> February</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) <small>No class on 24<sup>th</sup> Feb</small>	1.15pm - 2.00pm	Civic Hall (Book via KHL)
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)
One to One Digital Support	Mornings - Appointment Only	KHL (Book via KHL)
Art4All (Drawing and painting class)	10.00am - 12.00pm or 12.30pm - 2.30pm	KHL (Book via KHL)
DDMIX (Dance Fitness)	10.00am - 10.45am	Civic Hall (Book via KHL)
Maternity Circle (fortnightly) <small>1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesday of the month</small>	10.30am - 12.00pm	Haworth Medical Practice BD22 8DH (Drop in)
Fit-Start	11.00am - 11.45am	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) No class on 25 <sup>th</sup> Feb	11.10am - 11.55pm	Sangat Centre (call 01535 610263 to book)
Maternity Circle (fortnightly) 2 <sup>nd</sup> & 4 <sup>th</sup> Weds of the month	12.00pm - 2.00pm	Keighley Rainbow Family Hub BD22 6JB (Drop in)
Sit & Stay Fit	12.15pm - 1.00pm	KHL (Book via KHL)
Maternity Circle Pregnancy Group (monthly) 4 <sup>th</sup> February	5.30pm - 7.00pm	KHL (Drop in)
Thursdays		
Maternity Circle (monthly) 26 <sup>th</sup> February	9.30am - 11.30am	Keighley Community and Family Hub, Airedale Shopping Centre (Drop in)
Busy Minds - Relaxation & Mindfulness 5 <sup>th</sup> & 19 <sup>th</sup> February	9.45am - 11.45am	Run by Well Together (call 01274 259190 to book)
STICKS - Crochet & Knitting 12 <sup>th</sup> & 26 <sup>th</sup> February	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) 16 <sup>th</sup> February	10.30am - 12.00pm	Sight Airedale (Drop in)
Games & Craft Café Introduction to Crochet workshop on 5 <sup>th</sup> February	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)
Maternity Circle	12.30pm - 3.30pm	KHL (Drop in)
Oakworth Shed (Woodwork Activities)	1.00pm - 3.00pm	Oakworth Village Hall (Drop in)
Singing Group	1.30pm - 2.45pm	KHL (Book via KHL)
Rethinking Pain Support Group 19 <sup>th</sup> February	2.00pm - 3.30pm	KHL (Drop in)
Fridays		
Maternity Circle (monthly) 1 <sup>st</sup> Friday of the month	9.30am - 11.00am	Good Shepherd Centre, BD22 6ES (Drop in)
Tai-Flow Cannot be booked as well as Tai-Flow & Tea	10.00am – 10.45am	Civic Hall (Book via KHL)
Tai-Flow & Tea Cannot be booked as well as Tai-Flow	11.00am - 11.45am	Civic Hall (Book via KHL)
Maternity Circle	10.00am - 11.30am	All Saints Pre-School, Ilkley LS29 8HZ (Drop in)
Sit & Stand Somatic Yoga	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)

**We believe everyone should have a fair opportunity to access and benefit from our classes. To help manage demand and keep sessions accessible for all, we will be introducing a limit of three exercise classes per person, per week (with a maximum of two per day).**