



Groups highlighted in yellow will not be running throughout March due to Ramadan.

Most sessions will pause for the Easter break week commencing 30 March.

Full updates will be shared in mid-March.

Mondays		
Baby Day Mondays!	9.30am - 2.30pm	Keighley Community & Family Hub (Drop in)
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	10.00am - 10.45am	KHL (Book via KHL)
Keighley Hearts Support Group (monthly) <small>16<sup>th</sup> March</small>	10.30am - 12.00pm	Sight Airedale (Drop in)
Maternity Circle (monthly) <small>Last Monday of the month</small>	11.00am - 12.30pm	Salvation Army, Keighley, BD21 2LJ (Drop in)
Body Weight Circuit (Mens only)	11.00am - 11.45pm	KHL (Book via KHL)
Somatic Yoga	11.00am - 12.00pm	Civic Hall (Book via KHL)
Cook Confident	11.00am - 1.00pm	KHL (Book via KHL)
Seated Pilates Yoga <small>No classes on Monday 2<sup>nd</sup> March</small>	12.15pm - 1.00pm 1.15pm - 2.00pm	KHL (Book via KHL)
Parkinson's Support Group <small>2<sup>nd</sup> 9<sup>th</sup> and 16<sup>th</sup> March</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)	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> March</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	Civic Hall (Book via KHL)
Movement Matters with Andy Watmuff	7.00pm - 8.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook
Wednesdays		
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)

## Wednesdays

Maternity Circle	10.30am – 12.00pm	Haworth Medical Practice BD22 8DH (Drop in)
Maternity Circle (monthly) <small>Last Wednesday of the month</small>	10.30am - 12.30pm	Sangat Centre, Marlborough Street, BD21 3HU (Drop in)
Fit-Start	11.00am – 11.45am	Civic Hall (Book via KHL)
Seated Zumba® Gold	11.15am - 12.00pm	Queens Hall, Burley in Wharfedale, LS29 7BT (Book via KHL)
DDMIX and Sit (Women only)	11.10am - 11.55pm	Sangat Centre (call 01535 610263 to book)
Sit & Stay Fit	12.15pm - 1.00pm	KHL (Book via KHL)
Maternity Circle Pregnancy Group (monthly) <small>4<sup>th</sup> March</small>	5.30pm - 7.00pm	KHL (Drop in)

## Thursdays

Maternity Circle (monthly) <small>19<sup>th</sup> March</small>	9.30am - 11.30am	Keighley Community and Family Hub, Airedale Shopping Centre (Drop in)
Busy Minds - Relaxation & Mindfulness <small>5<sup>th</sup> &amp; 19<sup>th</sup> March</small>	9.45am - 11.45am	Run by Well Together (call 01274 259190 to book)
STICKS - Crochet & Knitting <small>12<sup>th</sup> &amp; 26<sup>th</sup> March</small>	9.45am – 11.45pm	Run by Well Together (call 01274 259190 to book)
Get Growing More Fruit <small>Pruning workshop - 12<sup>th</sup> March</small>	10.00am - 12.00pm	KHL (Book via KHL)
Wharfedale Wellness Together Mental Health Support Group	10.00am - 12.00pm	Christchurch, The Grove, Ilkley LS29 9LW (Drop in)
Games & Craft 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)
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 <small>19<sup>th</sup> March</small>	2.00pm - 3.30pm	KHL (Drop in)

## Fridays

Maternity Circle (monthly) <small>1st Friday of the month</small>	9.30am - 11.00am	Good Shepherd Centre, BD22 6ES (Drop in)
Tai-Flow <small>Cannot be booked as well as Tai-Flow &amp; Tea</small>	10.00am – 10.45am	Civic Hall (Book via KHL)
Tai-Flow & Tea <small>Cannot be booked as well as Tai-Flow</small>	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 <small>1:1 support - appointment only</small>	Tuesdays 1.00pm - 5.00pm	KHL (call 01535 677177 to book)
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**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, there is a limit of three exercise classes per person, per week (with a maximum of two per day).**