



We will be closed on Monday 4<sup>th</sup> May and Monday 25<sup>th</sup> May due to bank holidays.

There will be no exercise week commencing 25<sup>th</sup> May due to half term (highlighted in yellow).

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)
Introduction to Fitness	10.00am - 10.45am	KHL (Book via KHL)
Keighley Hearts Support Group (monthly) 18 <sup>th</sup> May	10.30am - 12.00pm	Sight Airedale (Drop in)
Maternity Circle (monthly) Last Monday of the month	11.00am - 12.30pm	Salvation Army, Keighley, BD21 2LJ (Drop in)
Body Weight Circuit (Mens only)	11.00am - 11.45pm	KHL (Book via KHL)
Cook Confident: Asian Cuisine 11 <sup>th</sup> and 18 <sup>th</sup> May	1.30pm - 3.00pm	KHL (Book via KHL)
Seated Pilates Yoga	12.15pm - 1.00pm 1.15pm - 2.00pm	KHL (Book via KHL)
Parkinson's Support Group 11 <sup>th</sup> and 18 <sup>th</sup> May	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) 2nd & 4th Tuesday of the month	12.00pm - 2.00pm	The Hive, Silsden, BD20 0DE (Drop in)
Seated & Strength Training No class 14 <sup>th</sup> April	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 5 <sup>th</sup> and 19 <sup>th</sup> May	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) No classes 13 <sup>th</sup> May	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)
Gardening Group	10.00am - 11.45am	KHL (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 <small>No class 6<sup>th</sup> May</small>	11.00am – 11.45am	Civic Hall (Book via KHL)
Seated Zumba® Gold <small>No class 6<sup>th</sup> May</small>	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>6<sup>th</sup> May</small>	5.30pm - 7.00pm	KHL (Drop in)

### Thursdays

Maternity Circle (monthly) <small>21<sup>st</sup> May</small>	9.30am - 11.30am	Keighley Community and Family Hub, Airedale Shopping Centre (Drop in)
Busy Minds - Relaxation & Mindfulness <small>7<sup>th</sup> and 21<sup>st</sup> May</small>	9.45am - 11.45am	Run by Well Together (call 01274 259190 to book)
STICKS - Crochet & Knitting <small>14<sup>th</sup> and 28<sup>th</sup> May</small>	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)
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)
Seated Yoga Style Stretch	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)
Bhangra & Balance	1.30pm - 2.15pm	Highfield Community Centre (Book via KHL)
Singing Group	1.30pm - 2.45pm	KHL (Book via KHL)
Rethinking Pain Support Group <small>21<sup>st</sup> May</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)
Maternity Circle	10.00am - 11.30am	All Saints Pre-School, Ilkley LS29 8HZ (Drop in)
Zumba® Gold <small>Starts 8<sup>th</sup> May</small>	12.00pm - 12.45pm	Civic Hall (Book via KHL)
Seated Zumba® Gold <small>Starts 8<sup>th</sup> May</small>	1.30pm - 2.15pm	Silsden Town Hall (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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