



Any sessions highlighted in Yellow will not be running throughout August and we are closed on Monday 31 August for the bank holiday.

Important: Please be sure to check the locations of all sessions before attending, as some venue changes have temporarily been made.

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)
Cook Confident: Asian Cuisine 3 and 10 August	10.00am - 11.30am 1.30pm - 3.00pm	KHL (Book via KHL)
Introduction to Fitness	10.00am - 10.45am	KHL (Book via KHL)
Keighley Hearts Support Group (monthly) 17 August	10.30am - 12.00pm	KHL (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)
Seated Pilates Yoga No sessions 24 and 31 August	12.15pm - 1.00pm 1.15pm - 2.00pm 2.15pm - 3.00pm	KHL (Book via KHL)
Parkinson's Support Group	1.30pm - 3.30pm	KHL (Book via KHL)
Cancer Support Group 3 and 17 August	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) No session 25 August	10.00am - 10.45am	KHL (Book via KHL)
BalletBeFit Exercise Class No session 25 August	11.00am - 11.45am	KHL (Book via KHL)
Art4All (Drawing and painting class)	10.00am - 12.00pm or 12.30pm - 2.00pm	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 session 25 August	12.00pm - 12.45pm	KHL (Book via KHL)
Exercise & Tone (Women only)	1.15pm - 2.00pm	BCA, BD21 1PW (call 01535 604359 to book)
Bereavement Support Group 4 and 18 August	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)	
Movement Matters with Andy Watmuff	7.00pm - 8.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook
Wednesdays		
Art4All (Drawing and painting class)	10.00am - 12.00pm or 12.30pm - 2.30pm	KHL (Book via KHL)
DDMIX (Dance Fitness) No session 26 August	10.00am - 10.45am	Civic Hall (Book via KHL)

Wednesdays		
Gardening Group	10.00am - 11.45am	KHL (Book via KHL)
Maternity Circle	10.30am – 12.00pm	Haworth Medical Practice BD22 8DH (Drop in)
Maternity Circle (monthly) Last Wednesday of the month	10.30am - 12.30pm	Sangat Centre, Marlborough Street, BD21 3HU (Drop in)
Fit-Start No session 26 August	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)
Walk-Fit 5, 12, 19 August	12.15pm - 1.00pm	Cliffe Castle (Book via KHL)
Sit & Stay Fit No session 26 August	12.15pm - 1.00pm	KHL (Book via KHL)
Welcome Space Drop In	12.30pm - 2.30pm	KHL (Drop in)
Maternity Circle Pregnancy Group (monthly) 5 August	5.30pm - 7.00pm	KHL (Drop in)
Thursdays		
Wharfedale Wellness Together Mental Health Support Group	10.00am - 12.00pm	Christchurch, The Grove, Ilkley LS29 9LW (Drop in)
Games & Craft Café No session 27 August	10.00am - 11.45am	KHL (Drop in)
Core and Floor (Women only) No session 27 August	10.00am – 10.45am	Sight Airedale (Book via KHL)
Cardio Conditioning No session 27 August	11.00am - 11.45am	Sight Airedale (Book via KHL)
Keighley History Walk	11.00am – 12.00pm	Meet at KHL (Book via KHL)
Seated Yoga Style Stretch No session 27 August	12.00pm - 12.45pm	Sight Airedale (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 20 August	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)
Maternity Circle	10.00am - 11.30am	All Saints Pre-School, Ilkley LS29 8HZ (Drop in)
Zumba® Gold	12.00pm - 12.45pm	Civic Hall (Book via KHL)
Seated Zumba® Gold	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 1:1 support - appointment only	Tuesdays 1.00pm - 5.00pm	KHL (call 01535 677177 to book)