

Day	Time	Class	SSP
Monday	20.00-21.00	Body Balance	No
Wednesday	09.25-10.10	Gentle Exercise	No
Friday	11.10-11.55	Fitness Pilates	Yes
Sunday	10.20-11.20	Body Vive	No

Ageing Well Over 50's

Venue	Day	Time	Class	Price
Meeing Place Varies	Mon	10.00-11.00	Walking Group	Free Weekly
Almondbank Centre, Craigshill, Livingston	Mon	10.30-12.00	Knit and Natter	£1.20 Weekly
Craiginn Centre Blackridge	Mon	11.00-12.00	Gentle Exercise	Free Weekly
Loganlea Miners Welfare	Mon	13.30-15.30	Young at Heart Social Afternoon	£2.50 Monthly
Whitburn Bowling Club	Mon	13.30-16.00	Tea Dance	£2.50 Fortnightly
Craiginn Centre Blackridge	Mon	15.30-16.30	New Age Kurling	£1.20 Weekly
Xcite Bathgate	Mon	18.00-18.45	Fit Steps	£2.50 Weekly
Whitburn (meeting place varies)	Tues	10.00-11.30	Walking Group	Free Weekly
Uphall Commuinity Centre	Tues	13.00-15.00	New Age Kurling	£1.20 Weekly
Linlithgow Burgh Halls	Tues	13.30-16.00	Tea Dance	£2.50 Monthly
Xcite Armadale	Wed	09.45-11.00	Buddy Swimming*	£4.00 Weekly
Boghall Community Wing	Wed	10.00-11.30	Knit & Natter	£1.20 Weekly
Lanthorn Community Centre	Wed	10.00-11.00	Tai Chi	£2.50 Weekly
Craigshill Pavilion	Wed	10.30-12.00	Singing for Health	£1.20 Weekly
Xcite Broxburn Sports Centre	Wed	13.00-13.45	Fit Steps	£2.50 Weekly
Uphall Community Centre	Wed	13.30-16.00	Tea Dance	£2.50 Monthly
Xcite Bathgate	Wed	14.30-16.00	New Age Kurling	£1.20 Weekly
Whitburn Bowling Club	Thurs	10.00-11.00	Linedancing Intermediate	£3.50 Weekly
Xcite Craigswood	Thurs	10.00-11.00	Walking Football	£1.20 Weekly
Whitburn Bowling Club	Thurs	11.00-12.00	Lindancing Improvers	£3.50 Weekly
Whitburn Bowling Club	Thurs	13.00-14.30	Singing For Health	£1.20 Fortnightly
Boghall Community Wing	Thurs	13.00-14.30	Singing For Health	£1.20 Monthly
Braid House Day Care Centre	Thurs	13.30-14.15	Seated Exercise	Free Weekly
Xcite Linlithgow	Thurs	13.45-15.00	Buddy Swimming*	£4.00 Weekly
Almondbank Centre, Craigshill, Livingston	Thurs	18.00-12.00	Sporting Memories	£1.20 Weekly
Blackburn Masonic Hall	Thurs	19.05-19.55	Linedancing Beginner/Improver	£2.50 Weekly
West Calder Community Centre	Fri	11.00-12.00	Seated Exercise	Free Weekly
Xcite Livingston	Fri	13.00-14.00	Walking Group	Free Weekly
Braid House Day Care Centre	Fri	13.30-15.30	Mens Activity Session	£1.20 Weekly
Howden Park Centre	Fri	13.30-16.00	Tea Dance	£2.50 Monthly
Braid House Day Care Centre	Fri	13.30-16.00	Young at Heart Social Afternoon	£2.50 Monthly

SSP - Supervised Soft Play *Buddy Swimming - Over 50's £4.00, over 60's FREE

For more information on Ageing Well activities please contact **Avril** on **07768 090 008 / 01506 237950**

Over 50's Exercise Timetable

Check inside for full timetable of activities available @ Xcite, and their partners, for over 50s age group.

All activities listed are included in Xcite Premier and Prime Of Life P.O.L Adult Memberships or on a pay-per-visit basis.

P.O.L 60yrs+ Membership is a great way to keep active, healthy and meet new people and it's available from £18.00 per month for a single P.O.L and £30.00 per month for P.O.L Plus (2 persons).

P.O.L includes:

- Golf
- Indoor Bowling
- Swimming Sessions
- Adult Swimming Lessons
- Sauna & Steam Room
- Gym and Fitness Programme
- Fitness Classes
- Racquet Sports



All classes are included in Premier and P.O.L Memberships or you can attend on a pay-per-visit basis.

Fitness Class: 60min £5.00 30mins £3.50 Fit Steps £2.50
Gentle Exercise £2.10 Line Dancing £4.20

SSP: Supervised Soft Play Sessions for kids aged 18months - 7 years £3.70

Xcite Armadale T: 01501 229200

Day	Time	Class	SSP
Wednesday	10.00-11.00	Buddy Swim	No
Thursday	09.30-10.30	Aquafit	No

Xcite Bathgate T: 01506 237910

Day	Time	Class	SSP
Monday	09.30-10.00	Gentle Exercise	Yes
Monday	18.00-19.00	Fit Steps	No
Tuesday	19.15-20.00	Pilates	Yes
Wednesday	09.30-10.00	Gentle Exercise	Yes
Wednesday	11.15-12.15	Pilates	No
Wednesday	19.30-20.30	Body Balance	Yes

Xcite Broxburn Sports Centre T: 01506 237920

Day	Time	Class	SSP
Monday	12.00-13.00	Linedancing Impr	No
Monday	13.00-14.30	Linedancing Inter	No
Tuesday	10.00-10.30	Gentle Exercise	No
Tuesday	10.30-11.00	Easyline	No
Tuesday	12.00-13.00	Linedancing Beg/Impr	No
Tuesday	13.00-14.30	Linedancing Impr/Inter	No
Wednesday	09.45-10.45	Total Toning	No
Wednesday	13.00-13.45	Fit Steps	No
Wednesday	11.00-12.00	Yoga	No
Thursady	09.00-09.45	Easyline	No
Thursday	10.00-10.45	Gentle Exercise	No
Thursday	13.00-14.00	Pilates	No
Friday	10.00-11.00	Easyline	No

Xcite Broxburn Pool T: 01506 237 930

Day	Time	Class	SSP
Monday	10.45-11.45	Aquafit	No
Tuesday	18.15-19.15	Aquafit	No

SSP - Supervised Soft Play

Xcite Craigswood T: 01506 237940

Day	Time	Class	SSP
Monday	18.15-19.00	Sha'bam	Yes
Tuesday	09.30-10.15	Gentle Exercise	Yes
Tuesday	18.30-19.30	Pilates	Yes
Tuesday	19.40-20.40	Pilates	Yes
Wednesday	12.30-13.15	Pilates	No
Thursday	18.30-19.30	Hatha Yoga	Yes
Thursday	19.40-20.40	Hatha Yoga	Yes
Friday	13.05-13.50	Pilates	No

Xcite East Calder T: 01506 883340

Day	Time	Class	SSP
Monday	10.00-11.00	Easyline	No
Monday	10.00-11.00	Walking Group	No
Monday	11.00-12.00	Total Toning	No
Thursday	10.00-11.00	Easyline	No
Friday	10.00-11.00	Gentle Exercise	No
Friday	17.00-17.45	Sh'bam	No

Xcite Linlithgow T: 01506 237960

Day	Time	Class	SSP
Monday	18.30-19.30	Ultimate Water Workout	No
Monday	13.30-14.30	Yoga	No
Tuesday	09.45-10.45	Xcite Dance	Yes
Tuesday	10.00-11.00	Aquafit	Yes
Tuesday	10.00-11.00	Aquafit	Yes
Wednesday	09.30-10.15	Gentle Exercise	Yes
Wednesday	12.00-13.00	Body Balance	Yes
Thursday	09.30-10.30	Aquafit	Yes
Thursday	12.30-13.30	Body Balance	No
Thursday	20.20-21.20	Body Balance	No
Friday	09.30-10.15	Gentle Exercise	Yes

Xcite Livingston T: 01506 237970

Day	Time	Class	SSP
Monday	09.15-10.15	Aquafit	No
Monday	09.15-09.45	Gentle Exercise	No
Monday	10.55-11.25	CXWORX	Yes
Monday	18.30-19.30	Aquafit	Yes
Monday	18.35-19.05	CXWORX	Yes
Tuesday	10.00-10.10	Body Balance Technique	Yes
Tuesday	10.10-11.10	Body Balance	Yes
Tuesday	20.30-21.00	CXWORX	No
Wednesday	09.00-09.30	Stretch n Tone	No
Wednesday	09.00-10.00	Aquafit	No
Wednesday	18.40-19.25	SH'BAM	Yes
Thursday	18.00-19.00	Aquafit	Yes
Thursday	09.00-09.30	Fitness Pilates	No
Friday	09.00-10.00	Aquafit	No
Friday	09.30-10.00	Gentle Exercise	Yes
Friday	11.20-11.50	Fitness Pilates	Yes
Friday	12.30-13.30	Walking Group	No
Sunday	18.30-19.30	Body Balance	No